

SUPERIOR LIVING

A Monthly Publication of Superior Care Home Nursing & Rehabilitation Center

February 2012

GIVING BACK TO CONQUER HUNGER

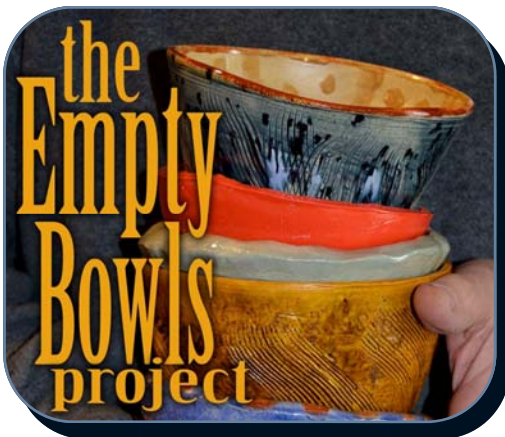
We hear the clock strike 12 and almost instantly, we say “ I’m hungry. Time to eat.” But how many of us know what it is to feel real hunger? More than you might expect.

The statistics of poverty and hunger in the Paducah Community are troubling. From 2000 to 2008 the number of families living in poverty in Paducah rose 5.5%, compared to a national and state average of just 0.4%. Approximately 12% of McCracken County families and 23.5% of Paducah city families live in poverty. That reality, combined with a slow economic recovery and the local 2011 flood has had a significant impact on the needs of our neighbors. As poverty, unexpected job loss, illness or natural disasters strike, the incidence of hunger often follows.

Local food banks struggle to keep pantry shelves full and community kitchens are feeding larger numbers of individuals. No longer is the need to give a holiday gesture of generosity. Hunger knows no season. It knows no generation, gender, profession or educational background. It is increasingly a reality for many.

Superior Care Home founder Mary Ellen Thompson’s life was characterized by a relentless work ethic and spirit of giving her best to her family, her businesses, the individuals she served and her community. She believed, “As you give, you gather”. She left a legacy of giving that inspires us to give of ourselves, not only as a model of excellence in senior care, but to the community we call home. Again this year, we have chosen the Paducah Cooperative Ministry food pantry as our community outreach project. Last year we donated over 3,000 food items to PCM.

Each month we will be collecting a specific food item for the pantry. The item for February is instant mashed potatoes. We encourage all Superior Care Home staff and families to participate. Just drop your donations in the tote located in the front lobby. Each month we will post a new item in the newsletter, on the front lobby easel and on our facebook page.



Also in February we are participating in The Empty Bowls Project. An international hunger project, this is the second year Paducah has participated, with proceeds going to Paducah’s Community Kitchen. The 2012 fundraiser, organized by Terra Cottage Ceramics in Lowertown, will be held on February 25th from noon to 4:00 PM at The Julian Carroll Convention Center. Tickets are \$15 each. A ticket entitles you to choose a beautiful bowl made by a local artist, student or neighbor, have that bowl filled by local restaurants who are donating their food, and take the bowl home with you- a perfect memento of the contribution that you have just made to fight hunger where you live.

Residents will be making bowls on February 7 and a group of Superior Care Home staff will be expressing their artistic talent on February 11 at Terra

Cottage Ceramics.

For more information on The Empty Bowls project and how you can get involved, call Michael at Terra Cottage Ceramics at 270-908-0090 or visit their facebook page: <http://www.facebook.com/emptybowlspaducah?sk=info>.



Welcome New Residents

James Baker
 Shirley Baugus
 Nancy Bottoms
 Eleanor Corey
 Helen Davis
 Nell DePriest
 Benjamin Galloway
 Patricia Galvin
 Emma Gardner
 John Hack
 Willie Harris
 Kermit Hughes
 Jonel Jones
 Robert Lindsey
 Betty McManus
 Dorothy Toy
 Paul Vineyard
 Charles White

VISIONS OF SUPERIOR BLOOMS

What does a garden club do in January? Plan their spring container gardens!

Chris had a special treat for the Superior Blooms Garden Club last month. Guest, Melody from Dave's Garden gave us great advice for our Spring planting.

As we browsed through catalogs, we dreamed of tomatoes, herbs, rhubarb and colorful blooms.

Join us at 2:00 PM February 15. We will begin digging in the dirt, planting seeds and cultivating our dreams of Superior blooms.

If you love gardening as much as we do, you will want to visit Melody's website for great tips and resources as you plan your spring garden (www.davesgarden.com).



Resident James Brooks selects his favorite blooms as garden expert, Melody from Dave's Garden shares her words of wisdom.

PREVENT SPREADING GERMS



February often brings the peak of Flu Season. Don't be caught off guard with what has been a mild season to date. Do your part to avoid the flu and prevent the spread of germs to others. An ounce of prevention is worth a pound of cure!

The Centers for Disease Control and Prevention recommends these everyday preventive actions to reduce the risk to you and your loved ones:

1. **Wash your hands often and thoroughly with soap and hot water. When soap and water are not available, use an alcohol-based hand rub.**
2. **Cover you nose and mouth with a tissue when you cough or sneeze. Dispose of the tissue immediately and wash your hands. No tissue? Cough or sneeze into your elbow .**
3. **Avoid touching your eyes, nose and mouth.**
4. **Try to avoid close contact with sick people.**
5. **Stay home if you are sick to avoid spreading flu to others.**

HAPPY BIRTHDAY



Doris Alexander	2/17
Nell DePriest	2/22
Catherine Randolph	2/27
Richard Johnson	2/28
Mallie Cooper	2/29
Billie Truitt	2/29



MATTERS OF THE HEART



February is American Heart Month. Chances are all of us have been touched by someone who has had heart disease, a heart attack or stroke.

Heart disease is the leading cause of death in the United States, claiming more than 800,000 lives annually. One in three deaths is the result of heart disease and stroke. And heart disease costs \$444 billion every year in medical costs and lost productivity.

The Department of Health and Human Services and partners, including The American Heart Association, has launched **Million Hearts**, an initiative to prevent 1 million heart attacks and strokes over the next five years.

At the heart of the initiative is empowering Americans to make healthy choices and improving care for those who need treatment. To reduce your risk of heart attack and stroke, the program encourages a targeted focus on the ABCS of prevention and treatment.

- A** *Aspirin use for people at high risk.*
- B** *Blood pressure control.*
- C** *Cholesterol management.*
- S** *Smoking cessation.*

Be one in a million this American Heart Month. Improve your health and reduce your risk of heart disease and stroke. For more information on how you can fight heart disease go to www.cdc.gov/features/heartmonth or www.heart.org.

SUPERIOR REDS REVIVAL

How do you add some sparkle and splash to a dreary winter day? Put on your red hat and join your friends for tea! The "Superior Reds",

as we fondly call our Red Hat Society gals, pulled out their red hats, sipped tea, savored red velvet cupcakes and enjoyed a lively afternoon of "girl talk".

Not only do girls like to have fun, they are serious about raising awareness of heart disease in women. Follow their example and wear red on February 3 to promote women's heart health.

Mark your calendars! Join the Superior Reds for their next afternoon extravaganza at 1:30 PM February 8.



Residents Nelle Kester and Betty Smith enjoy the friendship, fun and fellowship of an afternoon tea.



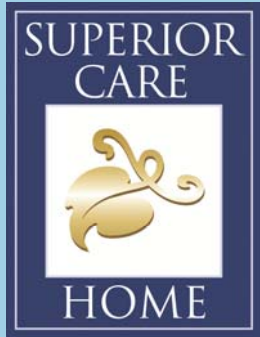
A SUPERIOR WELCOME

Stephanie Mix, LPN, recently joined the Superior Care Home as admissions coordinator. Stephanie's nursing career includes both acute care and long term care experience, making her a valuable addition to our team.



Stephanie works with our local hospitals, physicians and senior healthcare providers in promoting Superior Care Home as the facility of choice for senior rehab and care. From referral through admission and beyond, Stephanie's priority is assisting residents and families through the admission process to ensure a smooth transition and warm, Superior welcome to our community.





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Nursing & Rehabilitation Center**

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Visit Us On The Web
www.superiorcarehome.com



Find Us On Facebook
www.facebook.com/superiorcarehomeky

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

Admissions Coordinator
Stephanie Mix, LPN

Social Services Director
Jennifer Myers

Activity Director
Erin Finke

Registered Dietitian
Josie Fehrenbacher, MS, RD, LD

Dietary Manager
Judy Sledd

EMPLOYEE OF THE MONTH

Congratulations to **Raiona Henderson**, SRNA our January Superior Employee of the Month.



Raiona is a state registered nursing assistant who cares for our residents on the day shift. She has been part of our nursing team since February 2010. Raiona is also attending WKCTC.

Compassion, dedication and a pleasant attitude are traits Raiona displays as she renders care to our residents.

Thank you Raiona for being a part of our team and congratulations on being selected as our Employee of the Month.

Helen Sims,
Administrator/Owner

MARK YOUR CALENDARS

The February calendar is full of opportunities for some traditional February fun. Mark your calendars and join us!



**February 14
2:00 PM
Valentine's Day
Party**



**February 3
2:00 PM
Super Bowl
Tailgate Party**

**February 21
2:00 PM
Mardi Gras Masquerade Ball
Bring a mask for your loved one!**

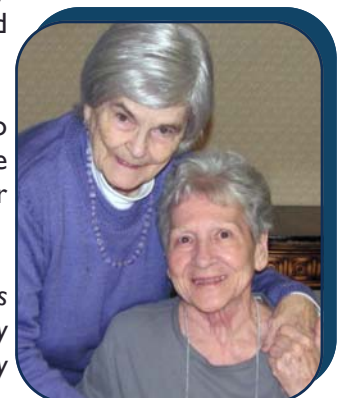


SUPERIOR SUCCESS STORY

Sarah Marshall came to Superior Care Home for short-term rehab to improve her mobility and gait following hospitalization. Little did she know that she would also re-connect with an old friend. Long-term resident, Betty Smith, recognized Sarah right away on the day of her arrival and extended an invitation to join her in the dining room for dinner. Every day they enjoyed meals together, renewing a treasured friendship.

After six weeks of rehab, Ms. Marshall was ready to return home to care for her husband with the assistance of in-home caregivers, and continue her therapy through home health.

"Everyone has been so kind and helpful. The therapists worked with me to improve my strength and my confidence so that I could go back home to be with my husband. Everything and everyone made my rehab a positive experience that I will remember fondly."



Betty Smith bidding a fond farewell to Sarah Marshall

Restored strength. Renewed confidence. Revitalized friendship. Return home to family. That's one of the many ways we spell S-U-C-C-E-S-S!