

SUPERIOR LIVING

A Monthly Publication of Superior Care Home Nursing & Rehabilitation Center

January 2012

SPOTLIGHT ON ACTIVITIES

Each January a week is set aside to recognize Activity Professionals who provide services to retirement communities, nursing facilities, assisted living facilities and senior centers. National Activity Professionals Week is January 22 through 28, 2012.

During this week, we would like to say a special thank you to Activity Director, Erin Fine and Assistant, Brenda Valentine for their important role on our care team and the contributions they make to our resident's quality of life.

Considerable thought, effort and creativity go into planning activities each month that will provide residents with opportunities to be engaged in meaningful activities that bring purpose, pleasure and meaning to each day. Whether it is a group activity or discovering an individual life-long leisure interest that will make a resident's day brighter, Erin and Brenda seek to meet each individual's unique needs.

Rachel and Brenda coordinate our resident council which meets monthly to gain insight from residents about their desires and needs. They also coordinate our volunteer program, which includes over 50 individuals and groups who contribute their time and talent to the activity program.

Thank you Erin and Brenda for all you do to make our days brighter and our lives richer.



PCM DONATIONS EXCEED EXPECTATIONS

In the spirit of Superior Care Home founder, Mary Ellen Thompson, who believed that "as you give, you gather", Superior Care Home staff chose Paducah Cooperative Ministry for our 2011 community outreach project. Each month, staff, families and friends stuffed the PCM box located in the lobby with food products for the PCM food pantry. The box was filled with cereal, pasta, heat-and-eat meals, ramen noodles, tuna and peanut butter each month.

We set a goal of donating 3,000 food items to the pantry. In true Superior style, we exceeded our goal, contributing 3,035 items for our neighbors in need. Thank you to all for your generosity. Your caring hearts and helping hands made a difference.

A special note of thanks goes to Rachel English and Erin Finke for coordinating the project and delivering our donations to the pantry each month.



REFLECTIONS OF GRATITUDE

As 2011 comes to a close, the entire Superior Care Home staff would like to express our heartfelt gratitude to the residents and families that have enriched and blessed our lives and facility this year. Each of you is a priceless gift. It is a distinct privilege to care for you and we look forward to serving you in 2012.

We wish each of you a blessed new year. May 2012 be filled with an abundance of joy, peace and love.

To Our Families, thank you for:

- Your generous contributions to the employee gratuity mailbox.
- The endless supply of delicious goodies you brought to us during the holiday season.
- Your kind words, thoughtfulness, confidence and support.
- Your devotion to your loved ones and your participation in their recovery and care.
- The privilege of caring for your loved one.

Thank You

To Our Residents, thank you for:

- All that you teach us simply by sharing your life.
- Your smiles.
- Your expressions of gratitude for what is often the smallest of acts.
- Allowing us to share your successes, your challenges and your joys.
- Helping us see humor in the most unexpected places.
- Your wisdom, faith, hope and strength.
- All that is unique about each of you.



Welcome New Residents

Omega Adams
Mary Algee
Richard Babbitt
Sally Barnes
Dimple Brinker
Billy Bryan
Eugene Chaney
Donald Dawson
Barbara Farthing
Martha Goode
Wells Heath
Richard Johnson
Alice Johnston
Sharon Leegaard
Sarah Marshall
Mary Meadows
Maggie Park
Joan Rosa
Amelia Samuels
Helen Sulver
Georgia Yancy

HAPPY BIRTHDAY

Nelle Kester	1/7
Lula Caldwell	1/12
Helen Sulver	1/14
Helen Warren	1/20
Wells Heath	1/25
Geneva Banks	1/26
Martha Midyett	1/28
Joann Iverlett	1/28



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www.superiorcarehome.com



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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
- 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

We are proud to honor **Christine Jude, RN** as our December Employee of the Month. Christine joined our nursing team in October 2010 as our Admissions Nurse. She quickly assumed more responsibilities and became an Assistant to our Director of Nursing.



Christine's compassion and care for our residents exemplifies the Superior employee she is. She brings considerable nursing knowledge and expertise to Superior Care Home.

Please join me in congratulating Christine Jude as our December Employee of the Month.

Helen Sims,
Administrator/Owner

SUPERIOR SUCCESS STORY

When **Mary "Penny" Lally** was hospitalized in late October for femur and vertebral fractures, she needed rehabilitation before returning to her independent retirement home apartment.

She had recovered from the flu and dehydration at Superior Care Home in 2010 and knew that she wanted to return for short-term therapy. Getting home for Christmas was her goal. After 6 weeks of therapy, she made it back home just in time to celebrate and enjoy the holidays with friends and family.



"I can't thank the therapists and staff enough for making my stay so pleasant and helping me get home for Christmas. The nurses, aides and therapists gave such wonderful care. I enjoyed my stay, but you know they say there's no place like home for the holidays. I could not have done it without all of you."

Ms. Lally has 7 children, 12 grandchildren and 7 great-grandchildren. If you ask her about her hobbies, she chuckles and says, "when you are the mother of 7, your children and grandchildren are your hobby. I love them all."

