

Deer Valley Home Health

#1 Leader in Home Health Care

Highlights:

| | |
|---------------------------|---------|
| CEO | 1 |
| Articles | 2-10 |
| Pics | 11 -12 |
| Honoring Lada Ada | 13 - 14 |
| Human Resources | 15 |
| Compliance | 15 |
| Private Duty Nursing | 15 |
| DMH/ISL | 16 |
| (CDS) | 16 |
| In-Home-Services | 16 |
| Employees | 17-19 |
| (Anniversaries/Birthdays) | |
| Medicaid | 20-21 |
| AAHAMO | 22 |
| Activities | 23 |
| Puzzle | 24 |
| Millionaire Club | 25-28 |
| Word Search | 29 |

From the desk of Lady Ada Taylor, CEO

Greetings, Friends and Family,

As we welcome spring, April showers arrive to nourish the earth, bringing May flowers and the beautiful rainbows that follow. It's a wonderful time of year, especially for those who love gardening.

Many are already digging in the soil and planting new life, I know I am! With my green thumb, I truly enjoyed cultivating flowers and watching them bloom.

April 1 marks April Fool's Day, a lighthearted tradition filled with harmless jokes and laughter shared among friends and family. April also brings meaningful occasions to celebrate and reflects. Earth Day, observed on April 22, reminds us of the importance of protecting our environment and caring for our planets.

This year, Good Friday and Easter arrive early in the month. For Christians, this is sacred time to honor the risen Christ. I look forward to attending church this Easter to praise and celebrate Jesus Christ, our Savior, remembering that through Him we have the gift of salvation.

I am also honored to share that my new book, *From the Concrete Reservation to the Crown Jewel: From Ground Zero to Multimillionaire*, received the International Impact Book Award in Phoenix, Arizona on February 27. You can order your copy at www.millionairesclubstl.org or on Amazon.

Book signings will be held this month in Atlanta, GA and Los Angeles, CA. If you are interested in sponsoring a book signing at your church or community center, please don't hesitate to reach out.

At Deer Valley Home Health, we are proud to serve our community year-round: winter, spring, Summer and fall. We remain committed to providing exceptional programs. And competitive wages, while expanding our office staff to better meet your daily needs.

Our mission is to be as creative and compassionate as necessary to ensure no seniors or disabled individual is left behind. We also welcome private pay clients. To make a referral, please contact our Intake Department at (314) 219-1221 and ask for Ms. Kim Hamm.

Warm regards,
Lady Ada, CEO

Ada Taylor, CEO



BLOOM INTO APRIL

Lady Ada's Garden



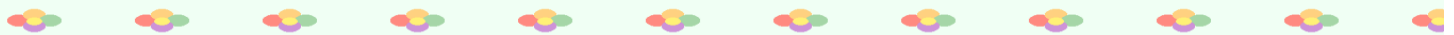
In April 2026, key national health observances include Minority Health Month, Alcohol Awareness Month, and Stress Awareness Month, focusing on improving health and raising awareness about various health issues.

Key Observances in April 2026

1. **National Minority Health Month:** This observance aims to highlight the importance of improving the health of racial and ethnic minority communities and reducing health disparities. It encourages awareness and action to address the unique health challenges faced by these populations.
2. **Alcohol Awareness Month:** This month is dedicated to educating the public about the health effects of alcohol use and misuse. It promotes healthy choices and provides resources for individuals to understand the impact of alcohol on their health.
3. **Stress Awareness Month:** This observance focuses on the impact of stress on overall health and wellbeing. It aims to raise awareness about stress management techniques and the importance of mental health.
4. **Defeat Diabetes Month:** This month emphasizes the importance of diabetes management and prevention. It encourages individuals to learn about healthy eating and lifestyle choices that can help manage blood sugar levels.
5. **National Public Health Week:** Celebrated from April 1 to 7, this week recognizes the contributions of public health and focuses on the interconnectedness of health and community wellbeing. The theme for this year is “Protecting, Connecting, Thriving”.

April 2026 Health Observances

Minority Health Alcohol Awareness Stress Awareness Diabetes Public Health Week





Health Conditions

Keep Your Heart Healthy!

Overview: Heart disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease.

To help prevent heart disease, you can:

- Eat a heart-healthy diet
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol, blood glucose (sugar), and blood pressure
- Drink alcohol only in moderation
- Manage stress
- Get enough sleep
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol, blood glucose (sugar), and blood pressure
- Drink alcohol only in moderation
- Manage stress
- Get enough sleep

Am I at risk for heart disease?

Anyone can get heart disease, but you're at higher risk if you:

- Have high cholesterol, high blood pressure, or diabetes
- Smoke
- Are overweight or struggle with obesity
- Don't get enough physical activity
- Don't eat a healthy diet
- Had a condition called preeclampsia during pregnancy

Your age and family history also affect your risk for heart disease.

Your risk is higher if:

- You're a woman over age 55
- You're a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

But the good news is there's a lot you can do to prevent heart disease.

What Is Heart Disease?

When people talk about heart disease, they usually talk about coronary heart disease (CHD). It's also sometimes called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked, which makes it hard for oxygen-rich blood to get to the heart. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Several things can lead to plaque building up inside your arteries, including:

- Too much cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood because of diabetes

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

Doctor Visits

Preventing Type 2 Diabetes:

Diabetes is a leading cause of disability and death in the United States. Having diabetes means the glucose (sugar) levels in your blood are too high. Diabetes is chronic (long-term) condition.

Many things can put you at risk for type 2 diabetes. For example, you're more likely to get type 2 diabetes if you're older than 45 years, you are overweight or obese, or if you have prediabetes. People with prediabetes have blood glucose levels higher than normal but not yet high enough to be diagnosed with type 2 diabetes. Having prediabetes increases your risk for type 2 diabetes, heart disease, and stroke.

The good news is that you can do a lot to prevent or delay type 2 diabetes, including:

- Reaching and staying at a healthy weight
- Staying active
- Eating healthy
- Quitting smoking

Talk with your doctor or nurse about steps you can take to prevent type 2 diabetes. Your doctor may also refer you to a registered dietitian. A registered dietitian is a health professional who helps people with healthy eating.

What do I ask the doctor?

When you visit the doctor, it helps to have questions ready ahead of time. You can also ask a family member or friend to go with you to take notes. Consider taking this list of questions to your next appointment.

- Am I at risk for prediabetes or type 2 diabetes?
- Do you recommend that I get tested for prediabetes or type 2 diabetes?
- What are the warning signs and symptoms of type 2 diabetes?
- What's a healthy weight for me to aim for?
- What are some healthy ways to lose weight and keep it off?
- How much physical activity do I need to help prevent or delay type 2 diabetes?
- What changes can I make to my diet to help prevent or delay type 2 diabetes?
- Do my blood pressure numbers and cholesterol levels increase my risk for type 2 diabetes?
- Can you give me some information about preventing type 2 diabetes to take home with me?
- Can you refer me to a diabetes prevention program nearby or online?



Hope starts here! Let Deer Valley Home Health help: [Call us #314 355-3679](tel:3143553679) to get you started with CARE!

Understanding your Parkinson's Disease (PD) diagnosis is the first step to building a team and treatment plan that works for you.

Millions of people around the world live with PD. It's personal...and deciding how to manage and treat the disease is, too.¹ We are here to help. Arm yourself with information and resources, so you can prepare for the healthiest future possible.

Removing the mystery

Having PD can feel confusing—and even invading—as symptoms come and go, tremors appear, and simple tasks become difficult. Understanding PD helps you remove the mystery of your diagnosis.

PD is a movement disorder that is both progressive—meaning it advances over time—and degenerative, because it is characterized by a continuous decline of dopamine—producing cells in the motor region of the brain.

Dopamine is an important chemical substance that the brain uses to regulate movement. Dopamine declines in PD patients, reducing their ability to control or initiate movement, resulting in symptoms like tremors, slow movement, rigidity, and postural instability.

Parkinson's disease is a movement disorder of the nervous system that worsens over time. The nervous system is a network of nerve cells that controls many parts of the body, including movement.

Symptoms start slowly. The first symptom may be a barely noticeable tremor in just one hand or sometimes a foot or the jaw. Tremor is common in Parkinson's disease. But the disorder also may cause stiffness, slowing movement and trouble with balance that raises the risk of falls.

In the early stages of Parkinson's disease, your face may show little or no expression. Your arms may not swing when you walk. Your speech may become soft or slurred. Symptoms get worse over time.

Although Parkinson's disease can't be cured, medicines may help symptoms get better. Sometimes a healthcare professional may suggest surgery to help control parts of the brain. This surgery may help lessen symptoms

World Day for Safety and Health at Work 2026

The World Day for Safety and Health at Work is an annual international campaign on April 28 to promote safe, healthy, and decent work environments. Established by the International Labor Organization (ILO) in 2003, industries worldwide support this initiative by holding seminars, workshops, and awareness campaigns to foster a strong culture of safety.

What are Safety Messages?

Safety messages are brief instructions or reminders that provide timely, actionable information about safety risks and hazards. They are intended to raise awareness of potential risks, promote safe practices, and help prevent injuries, illnesses, and fatalities. They are usually posted in public places, especially in work settings to prevent accidents and injuries.

How can employees contribute to workplace safety?

Active participation in company activities is a crucial step. Aside from commemorating this year's Work Safety Day, workers should continue to join safety training, strictly follow company protocols, report hazards and near-misses, and suggest improvements to safety practices.





Holy Week 2026 will be observed from **March 29 to April 5**.

- **Palm Sunday:** March 29, 2026
- **Maundy Thursday:** April 2, 2026
- **Good Friday:** April 3, 2026
- **Holy Saturday:** April 4, 2026
- **Easter Sunday:** April 5, 2026

This week commemorates Christ's passion, death, and resurrection through the church most solemn celebrations.



DVHH In the Heart of The Community



WORKING THE COMMUNITY



2025 INTERNATIONAL IMPACT BOOK AWARDS

— WINNER —



2026 BOOK TOUR ATLANTA STOP
FROM THE CONCRETE RESERVATION
TO THE **CROWN JEWEL**
Ground Zero to Multi-Millionaire

MEET
LADY ADA

APRIL 3 & 4, 2026
· ATLANTA, GA



- ✓ Reserve Your Signed Copy
- ✓ Meet the Award-Winning Author
- ✓ Be Inspired



MillionairesClubSTL.org

Human Resources Department

For current employees, please make sure the Human Resources Department has an updated address, email, and phone numbers on file.

Any questions regarding the hiring process including prerequisites, training, or general questions, please call Ashley Lane, our Human Resource Director, on 314-219-1214, prior to coming to the HR office.

Please check Paycom regularly for communications from the Human Resources, Accounting and Compliance departments.

Please allow 48 hours for all document requests and employment verifications. They must be faxed or emailed to HR@deervalleyhomehealth.com

Ashley Lane, Human Resources Director
alane@deervalleyhomehealth.com | Office: 314-219-1214

Compliance Department

If you have any questions about the Code of Conduct and Ethics or about any policies or practices of Deer Valley Home Health, you should raise the questions to a manager/supervisor or with our Compliance Officer, Chrissy Hych-Jones, or the Compliance hotline, at 833-785-8200.

Nursing/Private Duty In-Home Care

Deer Valley Home Health Services has openings for LPN's, RNs, and CNAs to work in our Private-Pay Nursing and Healthy Child & Youth programs. We offer a competitive salary with health benefits and a savings plan. To apply, please visit our website www.deervalleyhomehealth.com . For specific questions about the programs, please call our Clinical Nursing Supervisor, April Hooten at 314-761-7441.

Department of Mental Health (DMH) and In-Home Care/Individualized Supportive Living (ISL)

If you have any questions about the Department of Mental Health In-Home programs, please call the program manager Veronica Shannon on 314-773-4433. For more information about the Department of Mental Health, visit: [Individual, Family & Guardian Info | dmh.mo.gov](https://www.dmh.mo.gov).

Consumer Directed Services (CDS)

If you have been in the hospital or have a change in your health status, you may be eligible for an increase in units. Please reach out to our Intake Coordinator, Kim Hamm, on 314-219-1221. You may also contact (314) 219-1213 Darnell Jones for North County, (314) 450-7294 Terrell Jones for South, and (816) 643-4300 Chasatie Fisher for Kansas City.

In-Home Services (IHS)

If it is time for your Medicaid Reassessment and/or Home Healthcare Reassessment, please make sure you respond to the State correspondence within ten business days to avoid interruption in your services, which may include cancellation.

If you have been in the hospital or have a change in your health status, you may be eligible for an increase in units. Please reach out to your Risk Manager, Briana Campbell 314-219-1337.

WELCOME NEW HIRES

| | |
|-----------------|----------------------|
| Clementine Hall | Office Support Nurse |
| Deidra Williams | PCA |
| Richard Pearson | DSP |
| Shenitra Branch | PCA |
| Maya Hobbs | PCA |
| Antonio Barner | DSP |
| Betty Moore | DSP |
| Jessica Mosby | DSP |



Alexis Martin 4/7

Sheila Williams 4/14

Meagan Laverne Stalling 4/24





Congratulations to the following employees on their April work anniversaries

| | |
|--------------------|----------|
| Hobbs, Talen | 2 years |
| Green, Sharon | 17 years |
| McDaniel, Carlotta | 3 years |
| Lockett, Lonnie | 4 years |
| Williams, Shelia | 5 years |
| White, Nylah | 2 years |
| Sims, Corey | 2 years |
| Shaw, Marilyn | 5 years |
| Mosby, DeMarcus | 2 years |
| Coe, Martha | 1 year |



Employee Recognition Spotlight 🙌

We would like to recognize Nicole Dickerson and Jada Haskins for recently going above and beyond in supporting one of our clients.

The client shared how impressed they were with Nicole and Jada's patience, professionalism, and respectful approach while helping resolve their concerns. Their dedication truly reflects the level of care and compassion we strive to provide every day.

Thank you both for representing Deer Valley so well—We appreciate you! ❤️

We would also like to take a moment to recognize Gwen Peters for her continued dedication and commitment to Deer Valley Home Health Services.

Since joining our team in 2016, Gwen has been a valued and dependable member of our organization. Her consistency, positive attitude, and willingness to support both clients and team members truly reflect the heart of Deer Valley.

Thank you, Gwen, for the care you bring each day. We appreciate you!



State-Level Responses

States are actively responding to the budget shortfalls created by H.R. 1. Some are increasing state spending or reallocating funds to maintain access to critical services. For example, Oregon passed legislation allowing state funds to support nonprofit reproductive health providers excluded under H.R. 1. Virginia is considering state-only funding to replace expired ACA enhanced subsidies and establishing workgroups to address coverage gaps for children. States must also upgrade eligibility systems, enhance data sharing, and conduct outreach to implement work requirements effectively.

Impact on Providers

Home and community-based services (HCBS) and intellectual and developmental disability (IDD) providers are particularly vulnerable. States are managing cuts through service reductions, eligibility tightening, rate adjustments, and provider network restructuring. Community health centers and federally qualified health centers (FQHCs) face revenue losses, with some states projecting millions in reduced reimbursements annually, which could affect staffing and service availability. ShiftCare+2 Operational and Strategic Considerations Implementing these changes requires significant operational adjustments, including system upgrades, staff training, and outreach to enrollees. Providers who proactively adapt billing, optimize operations, and understand state-specific changes are better positioned to maintain revenue and continuity of care. States face a compressed timeline to implement work requirements before federal guidance is finalized, increasing the risk of costly adjustments.

Summary The 2026 Medicaid cuts represent a historic reduction in federal funding, with broad implications for coverage, state budgets, and healthcare providers. While some states are taking steps to mitigate the impact, millions of Americans are expected to lose coverage, and providers must adapt quickly to maintain services. The combination of work requirements, eligibility restrictions, and funding reductions underscores the need for strategic planning at both state and provider levels.

How Can You Help?

Speak Up for Missouri Healthcare

Contact Your Legislators to Oppose Medicaid & DMH Cuts

Call your State Representative & Senator

Send an email sharing your concerns

Find your legislator: house.mo.gov | senate.mo.gov

Ask them to protect Medicaid & DMH funding

Advocate for community-based care & vulnerable populations

Your voice matters. Take action today.

AAHAMO

OUR MISSION is to identify and address inequalities, discrimination, and racial disparities affecting people of color

OUR VISION is to ensure that all people of color in America have access to professional healthcare and equal medical resources. This is essential for Enhancing their quality of life.

OUR GOAL is to raise awareness about healthcare inequality and disparities within the community.

OUR OBJECTIVE is to establish a professional organization of healthcare experts dedicated to advocating for and promoting racial equality.

The African American Resource Guide first edition is complete!!! The guide features African American Practitioners, who are culturally sensitive to the healthcare needs in the Black community. The guide will be sent to Deer Valley clients and employees, as well as placed in select clinics, offices, and other businesses in the community.

The links to the resource books are on Facebook, Instagram, Deer Valley Home Health website, Deer Valley Hospice website and Paycor.

Scan QR code below for virtual copy.



SCAN ME

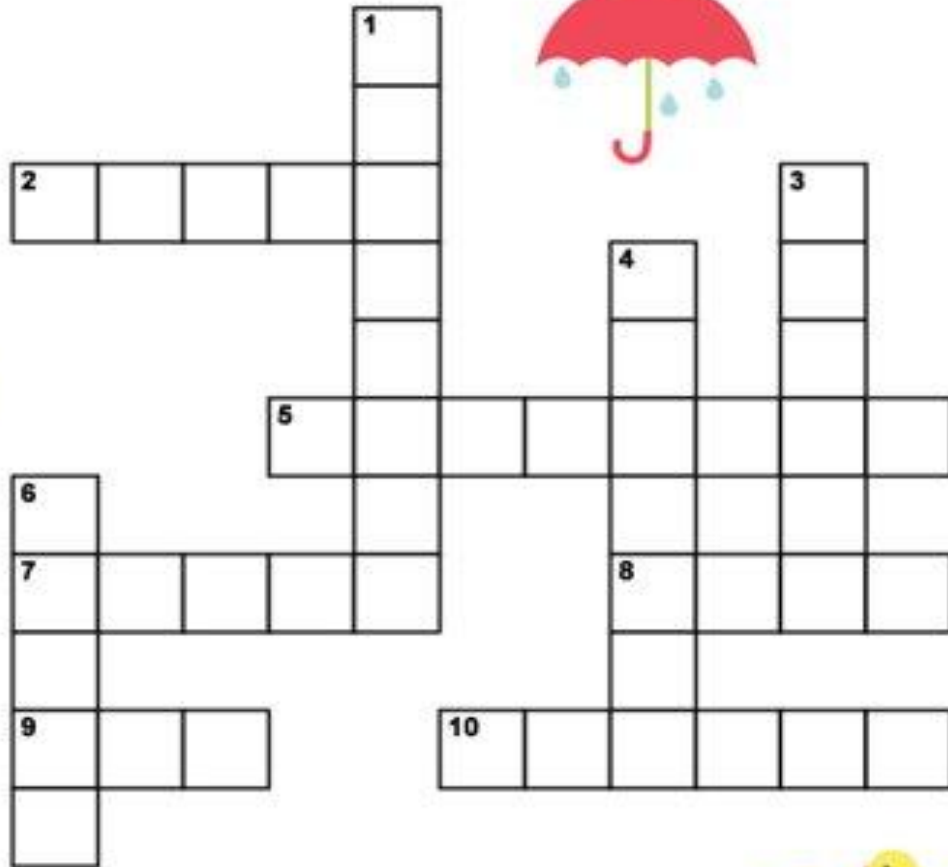


**AFRICAN AMERICAN HEALTH CARE
ASSOCIATION OF MISSOURI**

Newsletters will now be sent by subscription. Ways to subscribe are on the Deer Valley Home Health and Deer Valley Hospice Care websites, just click the subscription button. You can also call 314-761-5129, or email admin@deervalleyhomehealth.com. Indicate if you'd like the newsletter mailed, emailed or you

APRIL CROSSWORD

Solve the following puzzle based on the clues given!



Across

- [2] April _____ Day is celebrated on April 1st with pranks.
- [5] Flower associated with Spring.
- [7] Fourth month of the year
- [8] What does the Easter Bunny hide?
- [9] April 15th is known _____ Day in the United States.
- [10] Collect your eggs in _____.

Down

- [1] What sport usually begins its season in April?
- [3] April symbolizes this season.
- [4] April showers bring May _____.
- [6] _____ Day promotes environmental protection on April 22nd.

~Deer Valley In the Community ~

April 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------|
| | | | <u>1</u> | <u>2</u> Food Pantry Days: St. Louis Adventist | <u>3</u> | <u>4</u> |
| <u>5</u> | <u>6</u> Breakfast with Olivette Mayor- Olivette Chamber | <u>7</u> Food Pantry Days: St. Louis Adventist | <u>8</u> | <u>9</u> Food Pantry Days: St. Louis Adventist | <u>10</u> Trivia Night with -North County Chamber | <u>11</u> |
| <u>12</u> | <u>13</u> | <u>14</u> Women's Networking -North County Chamber Food Pantry Days: St. Louis Adventist | <u>15</u> Ferguson Senior Resource Fair Greater North County Chamber membership luncheon | <u>16</u> Olivette Chamber Networking luncheon | <u>17</u> Vet Connect meeting Food Pantry Days: St. Louis Adventist | <u>18</u> |
| <u>19</u> | <u>20</u> | <u>21</u> Food Pantry Days: St. Louis Adventist | <u>22</u> | <u>23</u> | <u>24</u> Food Pantry Days: St. Louis Adventist | <u>25</u> |
| <u>26</u> | <u>27</u> | <u>28</u> Food Pantry Days: St. Louis Adventist | <u>29</u> | <u>30</u> | | |

Community Resources

Food Pantries/Resources:

Circle of Lights
314-382-8759

Episcopal Church
314 367-2314

Focus Gateway City_
314 884-0394

Hope Church
314-869-7777

Team Food Pantry
314-831-9840

Urban League
314-388-9840

Heat Up Saint Louis
314 241-0001

Carondelet Park Rec Complex
(Free Showers)
314-768-9622

Team Food Pantry
314-831-0879

www.mydss.mo.gov/foodassistance

SVDP – [Call 211 for local resources](#)

GIFT CARD AGENCIES:

Salvation Army
Urban League

Community of Hope
314-887-5941
Food Pantry

Basic Needs:

Community Action Agency STL County
314-863-0015

Guardian Angel Settlement Association
314-773-9027

Housing/Shelter:

Apartment Finder
www.apartmentfinder.com

Beyond Housing
314-533-0600

MO Housing Development Commission
314-877-1350

St. Louis Housing Authority
314-531-0184

St. Louis County Housing Authority
314-428-3200

MAKING HEADWAY - The Millionaire CLUB
Renee Knots interviewed by Lady Ada Taylor
Fabulous Friday Funday of STARS!!



Our Deer Valley Team Came Out to Support!




Name: _____ Date: _____ 



April Word Scramble



The letters of the words below are jumbled. Unscramble the letters and write the word on the blank line provided.

- | | | |
|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 1. SEERT _____ |  | 13. ETRSAE _____ |
| 2. UDM _____ | | 14. HLG AU _____ |
| 3. KEJO _____ | | 15. ROHSWES _____ |
| 4. GRINPS _____ | | 16. ETNS _____  |
| 5. ATRWE _____ | | 17. YNUBN _____ |
| 6. LOFO _____ | | 18. DYCAN _____ |
| 7. OUHTRF _____ | | 19. ECECYRL _____ |
| 8. SBKETA _____ | | 20. SGGE _____ |
| 9. UNYFN _____  | | 21. AHTER _____ |
| 10. OESTFR _____ | | 22. LSBMOO _____ |
| 11. NHNSEUSI _____ | | 23. BRARO _____  |
| 12. ACHTH _____ | | 24. TLOVEUNRE _____ |

Arbor
basket
blooms
bunny
candy
Earth



Easter
eggs
fool
forest
fourth
funny



hatch
joke
laugh
mud
nest
recycle



showers
spring
sunshine
trees
volunteer
water

