

August 2026
Summer Edition
Volume 8

Deer Valley Home Health



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From the desk of Lady Ada Taylor, CEO

Greetings, Friends and Family,

Welcome to August 2026, the end of the long vacation months. I am traveling and vacationing at the beautiful Waikoloa Resort on the Big Island of Kuna in Hawaii. Next stop, Honolulu Hawaii. My family loves to visit where all the noise, with the hustle and bustle of the big city life. I love to relax and enjoy life. Lastly, I will visit the Southern State of GA. We will be there for 8 days working on my upcoming documentary and film. We will also be enjoying the spectacular views of the beautiful State of Georgia and the lovely weather.

My birthday party was the greatest. Thank you for all the lovely gift, flowers, and cards. I always say, "Give me my flowers while I am living!" Many pictures, and videos are posted in this edition of the newsletter. Enjoy!

August also means back to school for most young people. Check the weekend discount stores for the tax-free weekend. The least favorite time of year is back to the books and basics. Back to school was my favorite time of the year, because it gave me something to do. I loved going to school; reading, listening and learning. Please pick up a copy of my new book and study guide, *From the Concrete Reservation to the Crown Jewel*.

Please continue to make Deer Valley Home Health your, "Leader in Home Health." Kim is available to take phone referrals Monday through Friday from 8:30 to 4:30. Just call (314) 355-3679, EXT. 217. You can also visit her in person in suite 105 at 8600 Airport Rd.



Lady Ada, CEO



August is a crucial month in the healthcare calendar, spotlighting a variety of health issues that impact millions worldwide. These observances serve as powerful reminders to promote education, encourage preventive measures, and support those affected by various conditions. From chronic diseases like psoriasis and spinal muscular atrophy to mental health awareness and immunization efforts, August's healthcare observances cover a wide spectrum of public health priorities.

Psoriasis Awareness Month

Psoriasis is a chronic autoimmune condition characterized by red, scaly patches on the skin. Affecting roughly 2-3% of the global population, it often causes discomfort and emotional distress. August's Psoriasis Awareness Month aims to educate people about symptoms, treatment options, and the importance of early diagnosis.

This observance encourages patients to seek medical advice rather than suffer in silence. It also highlights advances in biologic treatments that have revolutionized disease management. Public events during this month focus on dispelling myths that psoriasis is contagious or merely cosmetic.

Spinal Muscular Atrophy (SMA) Awareness Month

Spinal Muscular Atrophy is a genetic disorder affecting motor neurons, leading to muscle weakness and atrophy. SMA primarily impacts infants and children but can also appear later in life with varying severity. August's designation as SMA

Awareness Month raises funds for research and promotes understanding of this rare but devastating disease.

Awareness campaigns emphasize newborn screening programs that enable early intervention—critical for improving outcomes. Additionally, they showcase stories from families affected by SMA to humanize the condition beyond clinical descriptions.

National Immunization Awareness Month (NIAM)

Vaccination remains one of the most effective public health tools against infectious diseases. NIAAM in August focuses on increasing vaccine uptake across all age groups—from infants to seniors. This observance stresses the importance of staying up to date with recommended immunizations such as flu shots, HPV vaccines, and COVID-19 boosters.

Healthcare providers use NIAAM as an opportunity to address vaccine hesitancy by sharing evidence-based information about safety and efficacy. Community outreach programs often include free vaccination clinics aimed at underserved populations.

Mental Health Emphasis During August

Mental health is an integral part of overall well-being but often overlooked or stigmatized. Several mental health-related observances fall in August to shine a light on these concerns.

Children's Eye Health and Safety Month

While primarily focused on vision care, this observance indirectly supports mental health by promoting confidence and academic success through good eyesight. Poor vision can affect cognitive development and social interactions among children—issues linked with anxiety or low self-esteem.

Parents are encouraged to schedule comprehensive eye exams during this period while schools prepare for safe environments that protect children's visual health.

National Wellness Month

National Wellness Month promotes holistic well-being—including physical fitness, nutrition, stress management, and sleep hygiene—all vital for maintaining sound mental health. The campaign inspires people to adopt sustainable habits that reduce burnout and enhance quality of life.

Workshops during this month emphasize mindfulness techniques like meditation or yoga as tools for managing anxiety or depression symptoms without medication reliance.

The Role of Healthcare Providers in August Observances

Healthcare professionals play a pivotal role during these observances by educating patients, providing screenings, administering vaccines, and advocating for policy changes supporting patient access to care.

Hospitals often organize free screening events for blood pressure monitoring or diabetes risk assessments aligned with specific awareness days within August. Primary care providers discuss lifestyle modifications tailored to individual risks associated with chronic conditions highlighted during this month.

Pharmacists contribute by counseling patients on medication adherence related to autoimmune diseases or mental health disorders featured in these campaigns. Their accessibility makes them valuable allies in reinforcing public health messages throughout August.

Key Takeaways: August Healthcare Observances

- **Promote awareness** of key health issues this August.
- **Encourage screenings** for early disease detection.
- **Support mental health** initiatives and resources.
- **Highlight healthy lifestyle** choices and habits.

► **Engage communities** in wellness and prevention efforts.



Self-care strategies that can help keep you healthy and fit:

- Drink plenty of water
- Eat healthy
- Exercise for at least 30 minutes every day
- Get a good's night sleep
- Use positive language and self-talk
- Politely say "NO" to anything that would waste your energy unnecessarily
- Try a calming body massage
- Care for your feet
- Detox from technology & work
- Spend time with your family and friends
- Rate yourself and set realistic goals
- Schedule days off and take a self-care trip
- Get enough rest

bodySCULPT®

Gastroparesis Awareness Month

August is Gastroparesis Awareness Month, dedicated to raising awareness about a condition that significantly impacts the lives of those affected. Gastroparesis is a chronic disorder that slows or stops the movement of food from the stomach to the small intestine, even without physical blockage. This delay in stomach emptying can lead to a variety of symptoms, making everyday activities and maintaining proper nutrition a constant struggle.

Gastroparesis occurs when the stomach muscles or the nerves that control them stop functioning correctly, causing delayed gastric emptying. This condition can result in symptoms such as nausea, vomiting, bloating, early satiety (feeling full quickly), and

abdominal pain. These symptoms can be unpredictable and vary in severity, often leading to difficulties in managing one's diet and overall health. Many patients also experience weight loss and malnutrition due to their inability to consume and digest food normally.

Treatment Advances: While there is no cure for gastroparesis, recent advancements in treatment offer hope. These include medications that stimulate stomach contractions, dietary modifications that focus on easily digestible foods, and new therapies like gastric electrical stimulation, which uses a device to prompt stomach muscles to work more effectively. Additionally, ongoing research is exploring the underlying causes of gastroparesis to develop more targeted treatments that can better manage symptoms and improve the quality of life for patients.

5 Important Facts About Gastroparesis

1. Gastroparesis is nicknamed 'stomach paralysis'

Food becomes "stuck" in the stomach of people with gastroparesis because the stomach isn't as active as it should be.

2. Quick refill

Because food stays in the stomach longer in people with gastroparesis than in people with healthy digestive systems, gastroparesis patients frequently feel full soon after starting a meal.

3. Diabetic gastroparesis

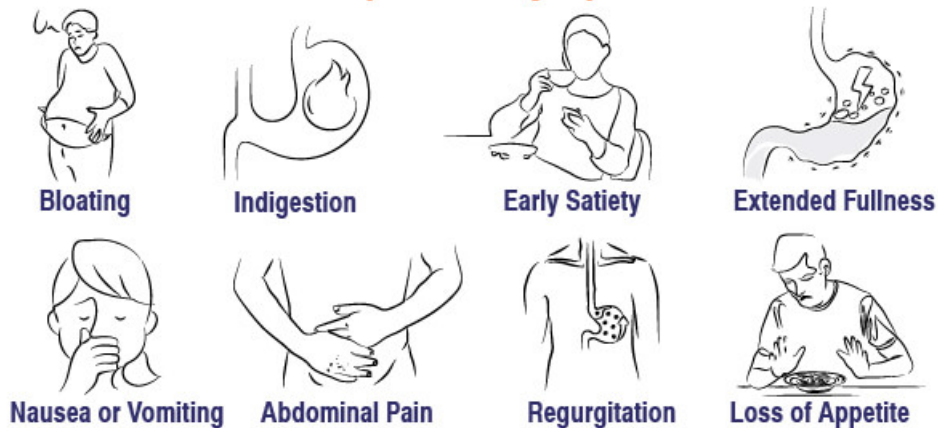
Elevated blood sugar levels can cause nerve damage over time.

4. Common medications can aggravate gastroparesis

Medication cannot cause gastroparesis, but it can make it worse.

5. Undigested food can form a bezoar. A bezoar, or mass of undigested matter, develops in about 6% of people with gastroparesis

Gastroparesis Symptoms



National Grief Awareness Day – Aug. 30, 2026

What is National Grief Awareness Day?

National Grief Awareness Day is an annual observance that exists to normalize grief and to better inform the public about how loss affects people. It recognizes that grief is not a problem to be fixed or a stage to be rushed through, but a deeply personal experience that can last a lifetime. The day is for anyone touched by loss, as well as the friends, family members, employers and professionals who want to offer meaningful support. It encourages people to talk openly about death, mourning and remembrance, subjects that many cultures still treat as taboo.

Why National Grief Awareness Day Matters

Grief is one of the most universal human experiences, yet it remains one of the least openly discussed. Research suggests that around 86 percent of people aged 16 and over have experienced grief, and surveys indicate that more than half of adults have lost someone close within a recent three-year period. The impact is profound: a large majority of grieving people report emotional symptoms, and many experience physical effects such as fatigue, changes in appetite and disturbed sleep. Around 40 percent of bereaved people meet the criteria for major depression within a month of their loss, and prolonged grief disorder is estimated to affect roughly 7 to 10 percent of bereaved adults. Children

are not spared either, with studies estimating that around one in twelve children in the United States will lose a parent or sibling before the age of eighteen. National Grief Awareness Day matters because acknowledging these realities helps grieving people feel less isolated and encourages those around them to respond with patience rather than pressure to “move on”.

The Five Stages of Grief:

1. **Denial** is a protective mechanism that helps individuals cope with the initial shock of loss. It involves difficulty accepting the reality of the situation and can manifest as numbness or disbelief. This stage allows the mind to gradually process the painful reality without becoming overwhelmed.
2. **Anger** often emerges as the reality of the loss sets in. Individuals may feel frustration, resentment, or blame themselves, others, or even the person who has passed. This stage reflects the emotional intensity of grief and the struggle to make sense of the loss.
3. **Bargaining**, in the bargaining stage, people may attempt to regain control or make deals, often internally or spiritually, hoping to reverse or lessen the loss. Common thoughts include “what if” scenarios or promises to change behavior in exchange for relief from grief.
4. **Depression** involves deep sadness, longing, and emotional pain. It is a natural response to the reality of loss and may include withdrawal, fatigue, or difficulty engaging in daily activities. This stage can last for varying periods and may recur overtime.
5. **Acceptance** is the stage where individuals come to terms with the loss. It does not imply happiness about the situation but reflects a recognition of reality and the ability to move forward while integrating the loss into life.

Important Considerations

- The stages are **not linear**; people may experience them in different orders, revisit stages, or skip some entirely.
- Grief is **highly individual**, and emotional responses can vary widely depending on personality, culture, and the nature of the loss.
- Understanding these stages can help individuals **acknowledge and process emotions**, and seeking support from therapists, support groups, or loved ones can facilitate healing

Key Takeaways

National Grief Awareness Day is not only a time to **acknowledge personal grief** but also to **support others** in their healing journey. By promoting awareness, education, and empathy, the day helps reduce isolation and encourages compassionate responses to loss, reminding everyone that grief is a natural and ongoing part of life.





Iyana Perry

She is a hard-working team player, she maintains a positive attitude even when dealing with difficult situations, she goes above and beyond to provide exceptional service, she is very reliable, often picking up extra shifts.

Iyana was on an outing with client at the baseball game. The client became ill and she was able to remain calm and meet the immediate needs of the client and get them back home safely. She always puts our clients first and always maintains her professionalism. She is such an asset to our department!

"I would like to shout out all of our field employees that are out taking care of our clients' day and night. Thank you for your dedication, compassion, and the exceptional care you provide to our clients each day. Your hard work and commitment truly make a difference, and we are proud to have you as part of our team."



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://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.



Congratulations!

Denise Washington - 10 years

April Hooten - 1 year

Arletus Reese – 1 year

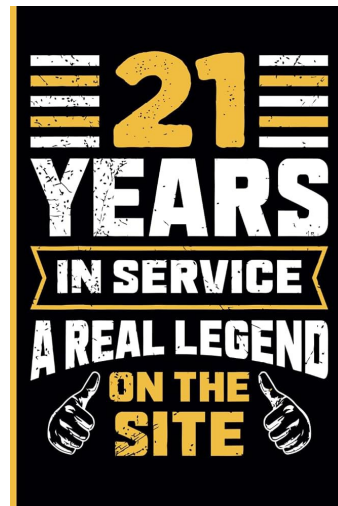
Surlander Scott – 1 year

Helen Shaw – Howard - 4 years

Chasatie Fisher – 6 years

Debra Jones – 16 years

Ada Taylor



**WE
APPRECIATE
YOU**



Margy Williams 08.16

Talen Hobbs 08.24

Jada Haskin 08.15

Valerie Venuto 08.18

Stephen Foster 08.28

LaJuan Kingcade 08.15

David Lee 08.13

Ashley Walton 08.16

Johnnetta Moore 08.24

Lonnie Lockett 08.05

Jacqueline Harris Crenshaw 08.26

Richard Cox 08.12

Kioysha Harris 08.02



Up Coming Events

Chapel of Exceptional every Tuesday & Thursday 10:30am -12pm

St. Louis Adventist every Tuesday & Thursday 10am-2pm

New Journey Baptist every Wednesday 11am - 3pm

Wellston Center every Friday 8am – 12pm

DVVHH Annual Community Resource Fair
August 29th 10am-2pm

Bowling For Scholars August 6th 6pm – 9pm

CCOCC Membership Luncheon August 20th
11:15am – 1pm

It's Just Networking 2 August 6th 8:30am – 10:00am

GNCC – Women in Networking August 11th
12pm – 1:30pm

GNCC – Membership Luncheon August 19th
11am- 1pm

Berkeley Annual Back 2 School Health Fair
August 8th 12pm- 4pm

Vet Net Connect Meeting – August 21st
8:30am-10:00am

Food Pantry Days:
Circle of Lights- Food
314-382-8759

Episcopal Church of All Saints
314 367-2314

Focus Gateway City
314 884-0394

Hope Church
314 869-7777

Team Food Pantry
314 831-0879
Urban League
314-388-9840

Heat Up Saint Louis
314-241-0001

Carondelet Park Rec Complex (SHOWERS FREE)
314 768-9622

GIFT CARD AGENCIES:
Salvation Army
Urban League

Community of Hope
314 887-5941
Food Pantry

Basic Needs:
Community Action Agency of STL County
314-863-0015

Guardian Angel Settlement Association
314-773-9027

www.mydss.mo.gov/foodassistance SVDP - call 211 for local resources

TEAM Food Pantry 314-831-0879

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
314-428-32

Cross Keys Back To School Fair !!



Deer Valley Out Here !!



Backpack Bonanza



Working In The Community !!



Watermelon Social



Networking Is What We Do !!



Building Connections.....

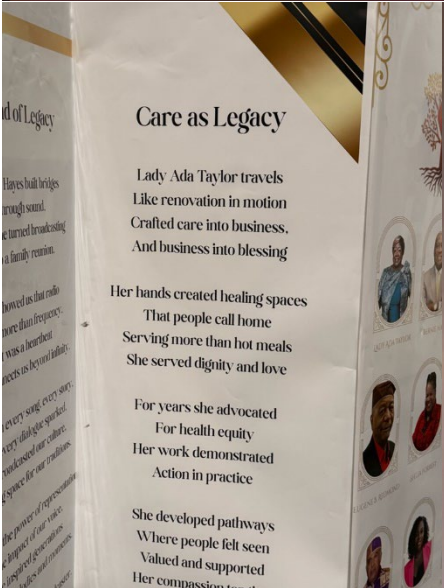
Networking, Networking and Networking !!







Living Legends 2026 Honoree





ANNUAL COMMUNITY RESOURCE DAY

CONNECTING OUR COMMUNITY
WITH HEALTH, RESOURCES & FUN!



FREE ADMISSION



SATURDAY
AUGUST 29, 2026



10:00 AM
TO 2:00 PM



WHERE:
DEER VALLEY
HOME HEALTH SERVICES
8600 AIRPORT RD, 63134

JOIN US FOR A DAY OF:

- Health Screenings
- Vendors & Local Resources
- Live Music
- Face Painting
- Backpack Giveaway
- Food & Refreshments



HEALTH
SCREENINGS



LOCAL
RESOURCES



LIVE
MUSIC



FACE
PAINTING



BACKPACK
GIVEAWAY

THANK YOU TO OUR COMMUNITY PARTNERS



Alliance
CREDIT UNION

Devoted
HEALTH PLANS

United
Healthcare



FOR MORE INFORMATION



CALL: 314-761-5129



FOLLOW US ON FACEBOOK

Name: _____ Date: _____



AUGUST

Word Search Puzzle



I Z Z S S H G T R T G E Y O G B P P
 A Y B U H M D A N E I W R Q V A B B
 C Y C O I A W O R R A Z Y E J R E I
 Z T P Q A S D Z R D W D I W T B Y K
 E X O S P T W E P N E T I I K E J I
 B S P W S O E I G X A N N N Z C G N
 R O U S E O P N M O M F M E G U A G
 D V S N N L I S L M M O R L Q E C J
 C G B A S H T F I A I I A F Y I B S
 F A C E S E I C E C F N Z N N A K O
 H M M I A D T N S P L T G C S X S C
 X P F P Q C O F M U I E I B S T F E
 O R X M I I H A K U N P S L S U K A
 E Z B Y T N C E S Z Y W O U O A R N
 W B R A K O G M K Y B O G E Y E M I
 E S C K L N I R M H P U K A V R U W
 C A G N G W A J O J A A K I A S T P
 V Z B E S P T Z X V L S R W F P E X

Find these words related to the month of August

BOAT
 GARDEN
 CAMPFIRE
 BIKING
 FLOATIE
 FISHING
 RIVER
 AUGUST

KAYAK
 BARBECUE
 OCEAN
 CANOE
 PICNIC
 BEACH
 ICE (as in ice cream)



SUN
 SHADE
 VACATION
 SWIMSUIT
 SWIMMING
 POPSICLES
 READING

WARM
 LAKE
 TOWEL
 POOL
 PARK
 CAMPING
 SUNSET

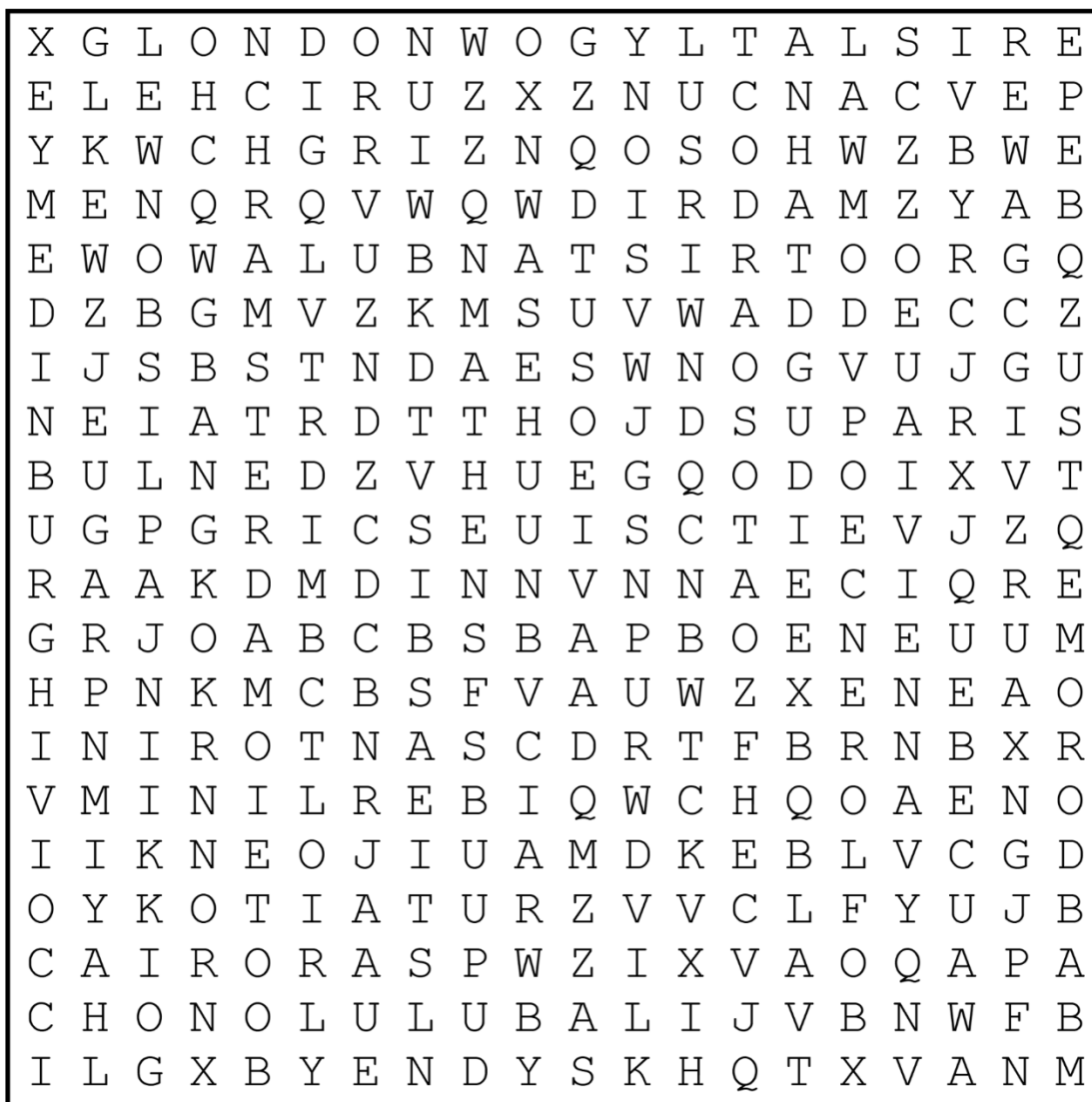


The words may be hidden vertically, horizontally or diagonally.

Word Search

Name: _____

Travel Destinations



Word list:

AMSTERDAM
ATHENS
BALI
BANGKOK
BARCELONA
BERLIN
CAIRO

CANCUN
DUBAI
EDINBURGH
FLORENCE
HONOLULU
ISTANBUL
LISBON

LONDON
MADRID
MAUI
PARIS
PRAGUE
QUEBEC
RIO

ROME
SANTORINI
SYDNEY
TOKYO
VANCOUVER
VIENNA
ZURICH



