

AUG 2025

Summer Edition
Volume 8

Deer Valley Home Health

From the desk of Lady Ada Taylor, CEO

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Greetings Deer Valley Family,

At Deer Valley Home Health, we are proud to be your trusted provider regardless of the season. We remain committed to offering top-tier programs, services, and competitive wages. Our office staff is expanding to better serve your needs every day. We stand firm in our mission to creatively support our community leaving no senior or person with a disability behind.

If you know someone in need of our services, please contact our Intake Department at (314) 219-1221 and ask for **Ms. Rhonda Potts**.

Thank you for being a valued part of the Deer Valley Home Health family. I love and appreciate each of you

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Ada Taylor, CEO





Stay Well, Stay Cool & Stay Fit: Summer Health Tips for Seniors & Caregivers

Summer is a time for sunshine, fresh air, and fun activities with family and friends. Whether it's gardening in the backyard, walking in the park, or enjoying a local concert, staying active and social is key to your well-being. But as temperatures rise, older adults need to take extra care of their health. **Always consult with your physician to confirm the level of activity you're able to do.**

"A Body in MOTION, stays MOTION!"

A caregiver is someone who helps with daily needs. These include but not limited to:

- Going to doctor visits
- Making meals
- Giving medication
- Mobility Assistance
- Cleaning & Organizing

A caregiver sometimes will put their needs and feelings aside to take care of a loved one. Doing this for a long time can have a negative effect on their health as well as yours. It is important that your caregiver can take care of themselves while also taking care of you. One of the best ways they can take care of themselves and make sure you stay healthy is to exercise!

EXERCISING WITH YOUR CAREGIVER

- You and your caregiver exercise together will enhance your quality of life while also making them strong and healthy enough to be a good caretaker.
- Exercising together can strengthen the bond between you and your caregiver.
- Exercise can help to make you more independent with certain tasks, which will help your caregiver have some time to care for themselves.
- Exercising together will make sure that you keep each other accountable.
- You and your caregiver can become stronger and healthier together.

BENEFITS OF EXERCISE FOR YOU & YOUR CAREGIVER

- Increased happiness
- Decreased stress
- Increased energy levels
- Enhanced brain health
- Help with sleep quality
- Strengthened personal bond

EXERCISES YOU AND YOUR CAREGIVER CAN DO TOGETHER

- Walking/jogging
- Dancing
- Riding bicycles
- Balance exercises
- Light Strength training
- Yoga

THINGS TO KEEP IN MIND

- Check with your physician to make sure it is safe to exercise.***
- You might not be as physically fit as your caregiver. That is OK!
- Start slowly and try to find a pace that works for both of you.
- Stay consistent with your exercises and you will see great improvement.
- Find activities that both you and your caregiver enjoy.
- Stay hydrated and safe!



How Seniors Can Stay Healthy with 6 Happy Aging Tips

1. Stay Active

The positive benefits of exercise are well-decided. Exercise is crucial to improving heart health, bone strength, maintaining muscle mass, and much more. A body that is in motion stays in motion.

2. Drinking Plenty of Water

I believe liquid intake to be an undervalued component of our daily health routines. It is estimated that 75% of Americans suffer from dehydration. Now, you know that your body is composed of almost 60% water. That means a lack of water in the body will negatively affect nearly all systems in your body.

3. Practice Breathing Exercises

Proper breathing has powerful benefits. By utilizing the diaphragm, belly breathing stimulates the Parasympathetic Nervous System (PSNS) and suppresses the Sympathetic NS (SNS). The SNS is your fight or flight response, essentially responsible for preparing you for physical activity. PSNS, on the other hand, controls your rest and digest response, bringing your heart rate down.

4. Limit Processed Foods

Processed foods often contain preservatives to increase shelf life and artificial flavor additives resulting in an unhealthy offering high in salt, sugar, and fat. These foods are designed to become addictive, thanks to salt, sugar, and fat, causing the consumer to over-indulge, negatively impacting your health.

5. Stay Socially Active

Staying connected with friends and family helps our emotional health and mental state, which helps us physically. Feelings of happiness, social connection, and laughter release feel-good hormones like serotonin and endorphins.

6. Continue to Challenge your Brain

The human brain is the most complex and mysterious organ in our body. It is the command center as it receives and sends signals to the rest of the body. As we age, it is vital to challenge the brain with puzzles, crosswords, continued learnings, crafts, and anything that stimulates thought, reflection, and imagination. Thought-provoking activities performed regularly help keep our brain healthy as we age.



**Here's How You Can Stay Well & Cool
ALL YEAR LONG:**



Keep Up with Preventive Care

Before jumping into summer activities, take time to make sure your healthcare is up to date. Staying on track with preventive care can help catch problems early, so you can keep feeling your best all season long.

KEEPING UP WITH DVHH



St. Louis Adventist Food Pantry - July 29th



Star Residents Senior BINGO -July 18th



July 25th Western Resource Fair BOOTS on The Ground Christian Life Center



Greater North County Chambers TopGolf Networking Bash July 24th

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, at 314-219-1214, prior to coming to the HR office.

Please check Paycor regularly for communications from the Human Resources, Accounting and Compliance Departments.

Please allow 48 hours for all document requests and employment verifications.

Attention office employees. Pryor Learning is active. Please set up your password and login and take advantage of this professional development opportunity.

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 supervisor or manager 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 at www.deervalleyhomehealth.com . For specific questions about the programs, please call our Clinical Nursing Supervisor, Danielle Jones at 314-761-7441.

Department of Mental Health (DMH) 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 at 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, Rhonda Ware-Potts, 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.

Hospice Care

Deer Valley Hospice Care can provide services in a person's private home, skilled nursing facility, assisted living or independent living communities. Our team of healthcare professionals are sensitive to the needs of our families during end-of-life care. You have a choice, and we hope after you talk to one of our hospice team members, you will choose Deer Valley Hospice Care, "KNOWING PEACE WITH THE COMFORT OF OUR CARE." Please call a member of our hospice team at 314-396-2211 or 314-761-5129.

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 or Kim Hamm at 314-219-120

Welcome New Hires

Charles Robinson	DSP
Wendy Johnson	PCA
LeAna Crittenden	CNA
Penny Carter	DSP
Tameisha Simmons	DSP
LaTondra Scott	PCA
Craig Simpson	DMH Community RN

Congrats to the following employees on their AUGUST work anniversaries...

Larachel Carson	1 year
Mildred Cuffie	1 year
Lavern Finger	2 year
Rayvin Webber	3 year
Helen Shaw-Howard	3 years
Penny Carter	5 years
Chasatie Fisher	5 years
Dianna Quinn	8 years
Debra Jones	15 years
CEO Ada Taylor	20 years



Erma Rowe	8/2
Kioysha Harris	8/2
Lonnie Lockett	8/5
Cynitra Gardner	8/6
Deja Johnson	8/6
Richard E. Cox	8/12
Lakisha Candies	8/13
Jada Haskin	8/15
Darlene McClinton	8/15
Ashley Walton	8/16
Margy Williams	8/16
* Valerie Venuto	8/18
Qualin Lamar Redd	8/20
Craig Murphy	8/21
Talen Hobbs	8/24
Johnnetta Moore	8/24
Stephen Foster	8/28
Jacqueline Harris Crenshaw	8/26

***ALL OF US AT DEER VALLEY WISH YOU MANY BLESSINGS
& HAPPINESS ON YOUR BIRTHDAY AND BEYOND!!!***

Lady Ada's Birthday Celebration & Book Signing

Lady Ada would love to extend a great amount of gratitude for those who came to celebrate and support on her Authorship journey. The turnout was **FABOULOUS!!** Please enjoy the following pictures from the event. You can still **SHOW UP & SHOW OUT** by purchasing a copy of Lady Ada's debut release book! Contact us for more information.



Location: Ol' Henry's Restaurant



Menu:



Entertainment & Guests



****EMPLOYEE SPOTLIGHT****

Here at DVHH would like to recognize and honor one of our own hard-working, selfless employees. **Thank you, Ms. Valerie Venuto**, for your hard work and dedication to **DVHH**. Your contributions are invaluable to our team. We appreciate your commitment and positive attitude when it comes to projects & participation. Your hard work and dedication don't go unnoticed. **Ms. Venuto** is our **Office Support Specialist**. She keeps operations here at Deer Valley running smoothly and efficiently. She provides administrative and clerical support to staff, caregivers, and management to ensure compliance with regulations and to promote excellent client care on behalf of DVHH.



Important DVHH Updates

- Millionaires Club meeting will resume back in September...**Stay Tuned!!!**
- AAHAMO meeting will be held on Thursday 8/21 from 5:30pm -7:30p Ol' Henry's
Topic Focus: **Radiation Exposure Compensation Act (RECA)**

What is RECA?

The Radiation Exposure Compensation Act (RECA) was enacted in 1990 to provide payments to people harmed by U.S nuclear weapons testing and uranium industry work. It offers compensation for certain cancers & serious illnesses linked to radiation exposure.

Upcoming Holidays & Observances

- **Black Business Month** **August/2025**

What's a better way of showing your support is by stopping thru and feast at **OL' Henry's**
"Where the food is TAYLOR MADE!"

Upcoming Events

- Sen. Mosbley Back 2 School Fair - John F Kennedy Comm Ctr/ Flo MO 8/2 10a-12p
- Back to School Health Fair at Berkeley Fire Dept/ Berkeley, MO) 8/9 10am-4pm
- Bellefontaine Rec Ctr Resource Fair (9669 Bellefontaine Rd) 8/9 from 10am-2pm

Food Pantries

St. Louis Adventist Community Services

3362 Hollenberg Dr.

Bridgeton Mo. 63044

Every Tuesday & Thursday 10am-2pm

Reach Church

9845 Saint Charles Rock Road

St. Ann's Mo. 63074

Every Wednesday's 9am-12noon

DVHH Community BINGO

Friendly Village

August 7th

1-2:30pm

Star Residents

August 13th

12-1:30pm

Holy Angels Building 1

August 18th

11am-1pm

Holy Angels Building 2

12:30pm-1:30pm

Fairview Village

August 27, 2025

1-2:30pm

Meeting 8/21st 5:30pm to 7:30pm Topic: RECA

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



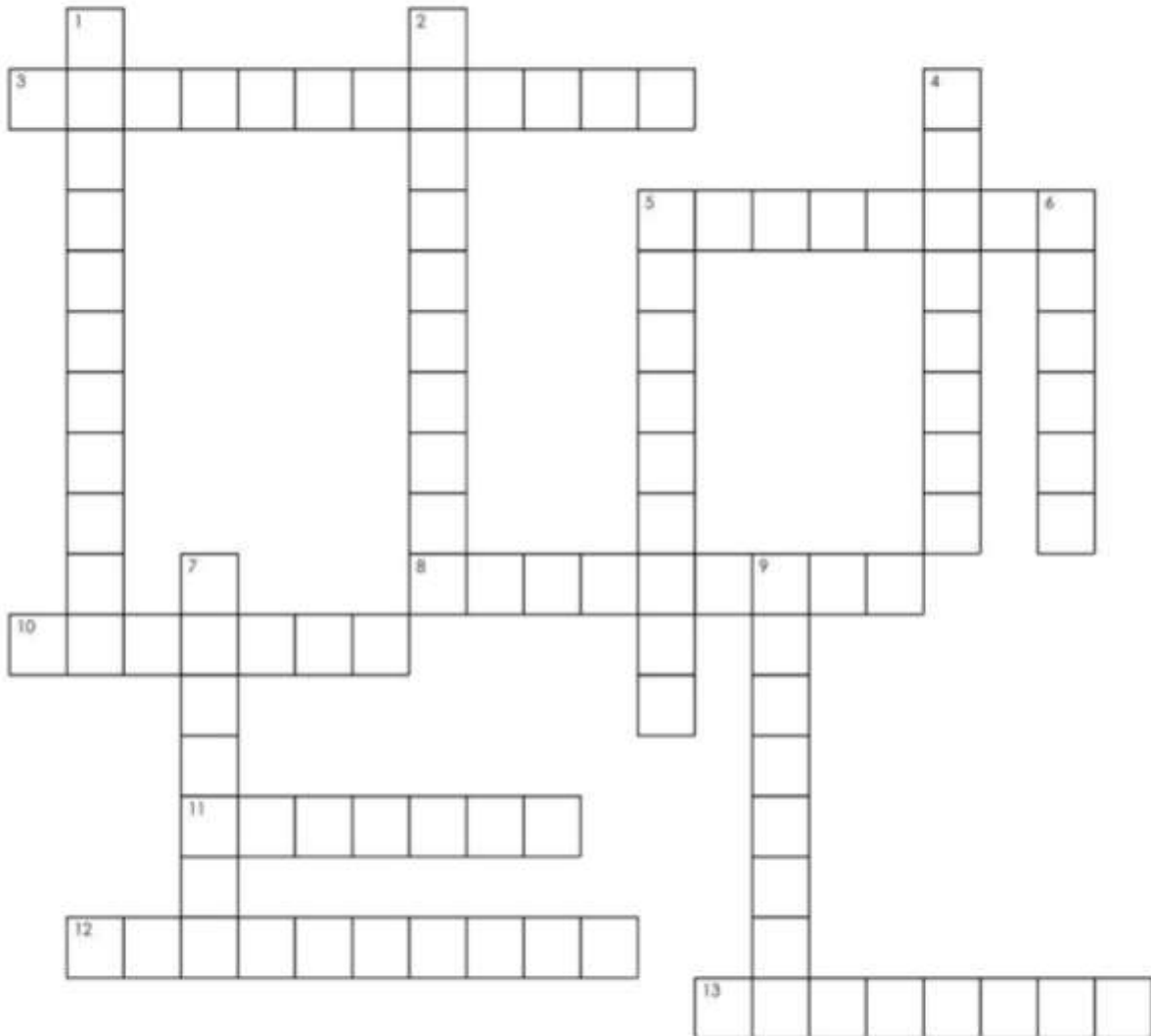
**AFRICAN AMERICAN HEALTH CARE
ASSOCIATION OF MISSOURI**

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 can opt out of receiving the newsletter. Newsletters will still be available for viewing on both websites, Paycor or picked up at any of our locations.

Company information will be on the Deer Valley websites, social media sites and Paycom for those who choose not to subscribe to the newsletter. Visit us on Facebook, Instagram @ [deervalley_homehealth](#) Twitter @ [deervalley_serv](#) Or visit our websites: www.deervalleyhomehealth.com



Health CROSSWORD PUZZLE



Across: →

- 3. Emotional wellbeing
- 5. Good overall health
- 8. Getting essential nutrients
- 10. Cleanliness for health
- 11. Adverse immune reaction
- 12. Avoiding health issues
- 13. Indications of a condition

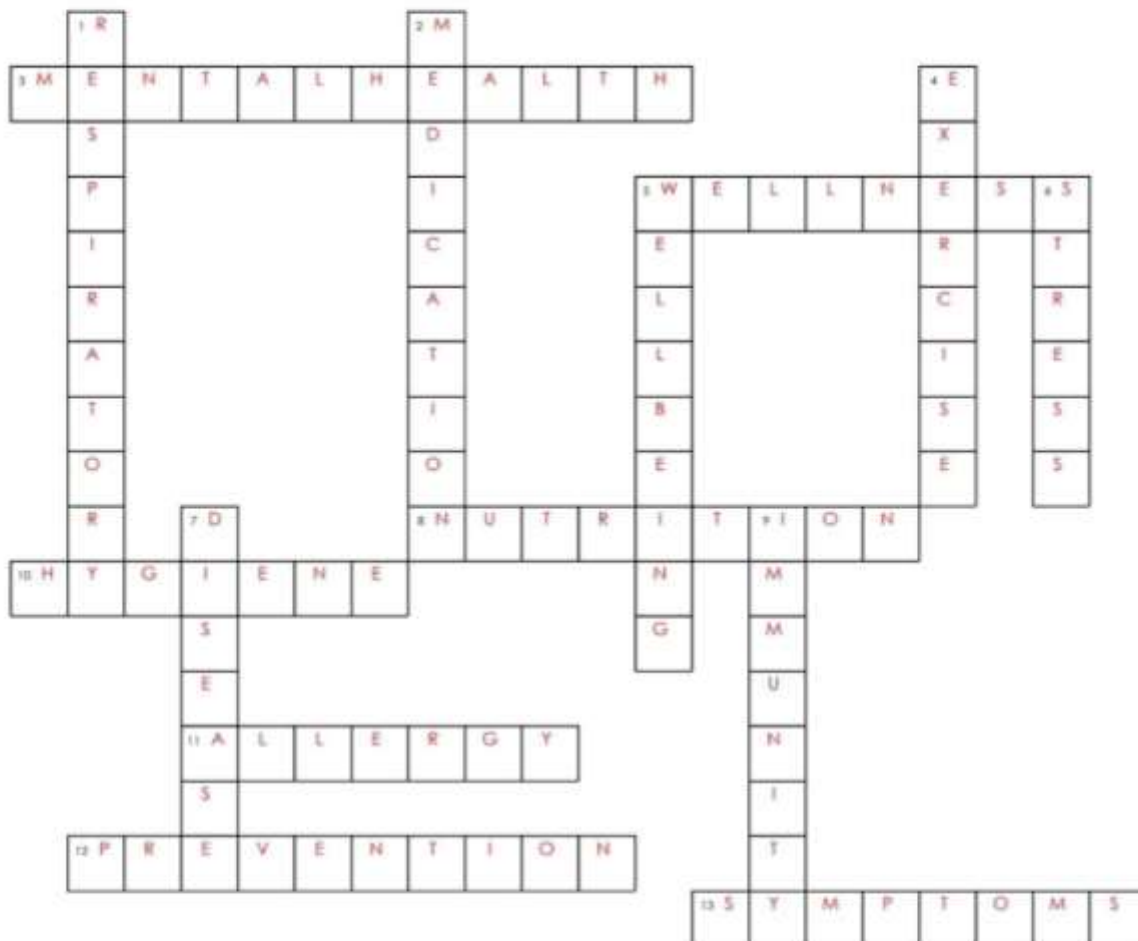
Down: ↓

- 1. Relating to breathing
- 2. Treatment for illness
- 4. Physical activity for fitness
- 5. Feeling happy and healthy
- 6. Mental or emotional strain
- 7. Illness or disorder
- 9. Body's defense system



Health CROSSWORD PUZZLE

ANSWER KEY



Across: →

3. Emotional wellbeing
5. Good overall health
8. Getting essential nutrients
10. Cleanliness for health
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13. Indications of a condition

Down: ↓

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Healthy Vs Unhealthy

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

Fizzy Drinks

Biscuit

Cake

Kebab

Burger

Pizza

Chips

Vegetable

Fruit

Rice

Brownbread

Pasta

Chicken

Fish