

January 2026

Winter Edition

Volume 1



Deer Valley Home Health

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RECA

**For information on
the Radiation
Exposure
Compensation Act,
see AAHAMO
pages 16 & 17**



From the desk of Lady Ada Taylor, CEO

Happy New Year to the Deer Valley Home Health clients, staff and associates. Thank you for continuing your services with us. As we step into 2026, I want to express my heartfelt gratitude for your dedication & creativity. Our client's and staff have played a vital role in our success and together we've built some truly remarkable relationships. This year, let's continue to challenge ourselves, support one another, and embrace new opportunities with confidence. I'm excited for what we will achieve as a team. Wishing you and your loved ones a joyful, healthy, and prosperous New Year!

I pray that we will continue to expand our services and creativity to increase your independence. I pray that God will shine his face on you and grant you the desires of your heart. I pray our resolution will be to love and care for each of other. Whatever your service needs please call Deer Valley Home Health, at (314)355-3679, and ask to speak to Kim Hamm our new Intake Coordinator. Kim is well versed in the needs of our seniors in the community. She's been employed with the DVHH for over 15 years.

I would like to share my award-winning book with you to purchase at milioairesclubstl.org. From the Concrete Reservation to the Crown Jewel: Ground Zero to Multimillionaire. I am the winner of the International Impact Book Award for 2025.

Lady Ada, CEO





New Year Resolutions & How To Stick With Them

To stick to your New Year's health resolutions, make them specific and small (like adding one vegetable daily), build habits by linking them to your routine (e.g., water by bed), use visual cues, find an accountability partner, track progress, reward milestones, and remember self-care is vital for caregivers and the people who they care for by involving support networks and professional help were needed. Also focus on small, consistent steps like better sleep, nutrition, movement, and regular doctor visits to create lasting change.

Home Health & Wellness Resolutions (For Seniors/Individuals)

- **Nutrition:** Add a fruit/veggie to one meal, drink more water, reduce sugary drinks.
- **Activity:** Aim for short walks after meals, light stretching.
- **Sleep:** Set a consistent bedtime and turn off screens 30 mins prior.
- **Home Safety:** Evaluate and improve your home's safety.
- **Doctor Visits:** Don't skip annual wellness exams.

Change your Approach

The issue is not with the goals that you're setting, it's in your approach to completing them. It is important to identify a 'why' first. Why do you want to accomplish this goal or make this life change? Identifying why you are doing things will help them take on greater meaning and make it easier to keep you motivated throughout the obstacles.

Make Micro steps

Approach your goals with small, easy to accomplish micro steps. This can also be considered 'chunking.' These are changes that you can implement into your daily life right away to make a change. For instance, if your goal is to eat healthier, one micro step you might begin with is putting on your calendar to go to the grocery store at a consistent time at the beginning of the week to buy fresh fruits and vegetables.

Develop a Support System

Another way to ensure that your habits stick is to tell your support system. No one can do something alone, so sharing your goals and progress with close friends or family is sure to keep you accountable and motivated. Moreover, working towards a goal with someone that you enjoy being around is sure to make the tough times more fun!

Change your Environment

Take a step back and evaluate who and what you are surrounded by. Small changes such as taking your running shoes out of the closet and putting them by the door are more likely to help you change your behavior quicker. On the converse, the phrase out of sight out of mind certainly plays true when you no longer have delicious looking cupcakes or cookies staring you in the face when you open your pantry every day.

If you can turn your resolutions into habits, slowly, day by day, they will take less and less motivation and effort to complete. Once grueling resolutions will become automatic daily rituals that you might even look forward to completing.

DON'T GIVE IN!! Every one of us slips up from time to time, it's a part of life! Don't single yourself out for harsh criticism if you have a bad week about maintaining your resolutions.

2026 New Year's Resolutions for Caregivers: Why Caregiver Resolutions Matter

The start of a new year invites reflection, reset, and renewed hope. For caregivers, whether supporting an aging loved one or caring for seniors professionally—it's also a chance to reclaim balance and strengthen well-being. Caregiving is meaningful work, but it often comes with emotional, physical, and financial strain. Setting intentional, realistic goals can help you care for yourself while continuing to care for others.

The Weight of Caregiving

Caregiving goes far beyond a typical 9-to-5 job. Whether you're a family member caring for a loved one or a professional caregiver, the responsibilities can be overwhelming. **Nearly 60% of caregivers experience high levels of emotional stress.** Many sacrifice their own health and well-being in the process. Setting realistic goals for the year focused on self-care and balance is essential. These resolutions can help reduce stress, improve mental health, and ensure a sustainable caregiving journey.

10 Goals to Transform Your Caregiving Journey

- **Prioritize Self-Care**
- **Build a Support Network**
- **Set Boundaries**
- **Leverage Technology**
- **Focus on Mental Health**
- **Create a Financial Plan**
- **Celebrate Small Wins**
- **Embrace Lifelong Learning**
- **Focus on Positivity**
- **Reflect & Adjust**



JANUARY DATES TO REMEMBER

New Year's Day/ Jan 1st – A time for fresh starts and health goals

Martin Luther King Jr. Day/ Jan 19th

MLK is a federal holiday in the United States observed on the third Monday of January each year. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law and civil society. The movement led to several groundbreaking legislative reforms in the United States.

Holocaust Memorial Day/ Jan 27th

Holocaust Remembrance Day is observed internationally on January 27th, marking the liberation of Auschwitz-Birkenau and commemorating the victims of the Holocaust, with the UN promoting remembrance, education, and prevention of future atrocities against Jews and other groups

Cervical Health Awareness Month - Aimed at raising awareness for cervical cancer prevention.

National Blood Donor Month -Encourages lifesaving donations

KEEPING UP WITH DVHH



We are Engaged in Our Community



1ST 3 Pics- Derk Brown Toy Drive

2nd row Pics/ Rhonda Ware-Potts Retirement Party

3rd row DVHH Annual Christmas Party Dec 12th

4th row Angela Honored as the Ambassador of the Year w/ STL North County Chamber

Last page is appearances with Angela & Natalie, Community Liaison team, at Reach Church Pantry, Holiday Cheer @ St. Louis Adventist Pantry, Greater North County Chamber Holiday Networking and Donations given on behalf of DVHH to All STARKS Foundation

We Are Out and About in Our Community



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 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 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.

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 & Welcome Back Rehires!

Diana Montgomery	PCA
Natalie Scott	Asst. Comm Liaison
Briana Garcia	DSP
Alea Grover	PCA
Tyronica Daugherty	PCA
Jacqueline Smith	CNA
Catherine Bush	ISL Home Manager
Tiffany Wallace	CNA

Congratulations!

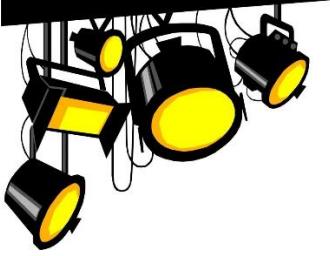
CONGRATULATIONS **to the following employees on their January work anniversaries...**

Laron Harris	1 year
Ashley Lane	1 year
Quincy Jones	2 years
Kathy Simmons	7 years
Joshua Dunlap	7 years
Ricketta Calicutt	8years
Danielle Moore	9 years
Telia Douglas	10 years
Veronica Shannon	10 years
Laura Gleason	14 years



Cassia Brown Whale	1/01
Jasmine Nicole Pulliam	1/03
Leana Crittenden	1/09
Aleeyah Allen	1/12
Kimberly Williams	1/13
Reginald Burns	1/17
Yulonda Monroe	1/18
Briana Garcia	1/21
Rochelle Gilmore	1/22

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



Outstanding Employee of the Month

Employee Spotlight

ALASHA YOUNG

Alasha has been an incredible support this year as I, Ashley Lane, Human Resource Director, have navigated being new to the DVHH. She has truly held my hand as we learned together and set meaningful goals to improve and strengthen the HR department. DVHH sincerely appreciates her willingness to help, her transparency, and her honest approach. I am truly grateful to have such a dedicated and dependable team member to work with.

Alongside Alasha there are 3 additional employees that are being recognized for their hard work and for going above and beyond their job duties here at DVHH.

JENIELLE HAYES- Financial Asst.

JADA HASKINS-CDS Billing Specialist A-K

KAYLA GILCREASE- North Office Manager

**THANK YOU for Your Dedication to
Deer Valley Home Health.**

Up Coming Events

**St. Anthony PADUA Church Food
Pantry /Jan. 5th 10am-12noon**

**Woodson Terrance Seniors January
8th 10:30am-12:30pm**

**St. Cronan Catholic Church Food
Pantry /Jan. 10th**

**Community Networking meeting held at
OL'Henry - January 20th 12:30pm-2:00pm**

Reach Church every Wednesday 9am-12noon

**Women's Networking Round Table -January
13th 12noon-1:00pm**

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

**Olivette Women's Networking -January
23rd 11:00am-1:00pm**

**Sarah Community Networking meeting -
January 7th 9:30am-10:30am**

VetConnect meeting -8:30am-10:30am

Food Pantry Days:

Tuesday & Thursday @ St.
Louis Adventist Community
Ctr 10a-2pm

GIFT CARD AGENCIES:

Salvation Army
Urban League

[www.mydss.mo.gov/foodass
stance](http://www.mydss.mo.gov/foodassistance) SVDP - call 211 for
local resources TEAM Food
Pantry 314-831-0879

Reach Church

Every Wednesday 9am-
12noon

Wellston Center Christmas Club

Food Boxes : Dec. 9th-13th
and Dec. 14th
7:30am-10:00am

Housing/Shelter:

Apartment Finder
www.apartmentfinder.com

**Circle of Lights -Food
314 382-8759**

**Community of Hope
314 887-5941
Food Pantry**

**Beyond Housing
314-533-0600**

**Episcopal Church of All
Saints
314 367-2314**

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

**MO Housing Development
Commission
314-877-1350**

**Focus Gateway City
314 884-0394**

**Guardian Angel Settlement
Association
314-773-9027**

(For home rehabilitation
grants and assistance finding
rental properties) My
Housing Search
www.myhousingsearch.com

**Hope Church
314 869-7777**

**Team Food Pantry
314 831-0879**

**Heat Up Saint Louis
314-241-0001**

**St. Louis Housing Authority
314-531-0184**

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

**Urban League
314-388-9840**

**St. Louis County Housing
Authority
314-428-3200**



The **African American Health Care Association of Missouri** is in partnership with the survivors of government-caused nuclear contamination exposure. **The Radiation Exposure Act (RECA)** is a Federal Law that provides **tax-free financial compensation** to survivors and surviving spouses and children of deceased persons who had one of the **qualifying diagnoses** and has lived or worked in one of the **qualifying zip codes**.



The **tax-free** compensation for the eligible diagnoses is \$50,000 for a survivor and \$25,000 for a surviving spouse and children of a deceased person.

A list of eligible diagnoses and eligible ZIP codes are on the next page.

About 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.

An AAHAMO representative can be reached by calling **(314) 219-0622** or toll-free **(833) 792-9945**,

Radiation Exposure Compensation Act Information



The Radiation Exposure Compensation Act (RECA) is a federal law that provides financial compensation to survivors of government-caused nuclear contamination. RECA has been expanded to include those who were exposed to Manhattan Project Waste in specific Missouri zip codes and contracted specific diseases.

Who is Eligible?

Individuals or authorized agents of a deceased individual who was physically present in an affected area for a period of two or more years after January 1, 1949, and contracted a specified disease after such period of physical presence.

Eligible Diseases/ Cancers

To be eligible you must have either lived, worked, or attended school in impacted zip codes two years before any of these cancer diagnoses: contracted any Leukemia (provided initial exposure occurred after age 20), multiple myeloma, lymphoma (other than Hodgkin's disease), or cancer of the thyroid, breast, esophagus, stomach, pharynx, small intestine, pancreas, bile duct, gall bladder, salivary gland, urinary bladder, brain, colon, ovary, bone, renal system, liver, or lung.

Eligible Zip Codes

63031, 63033, 63034, 63042, 63045, 63074, 63114, 63135, 63138, 63044, 63121, 63140, 63145, 63147, 63102, 63304, 63134, 63043, 63341, 63368, and 63367

Compensation

Survivors are entitled to either a one-time tax-free payment of \$50,000 or reimbursement for radiation-linked medical expenses (whichever is greater). Beneficiaries of deceased victims who have passed away from one of the listed diseases/ cancers are entitled to one payment of \$25,000. If there are multiple beneficiaries the payment will be split.

Questions regarding the RECA program, call Senator Hawley's RECA Hotline: (202) 228-4388

For questions regarding St. Louis County Documents, please email recasupport@stlouiscountymo.gov

New Year's Crossword Puzzle

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

BABY NEW YEAR	MIRROR BALL	CELEBRATION	RESOLUTIONS
FIREWORKS	CHAMPAGNE	BEGINNING	HOURLASS
COUNTDOWN	BALLOONS	CONFETTI	MIDNIGHT
CALENDAR	JANUARY	CHEERS	GLASS
HAPPY	GOALS	FIRST	PARTY
CLOCK	TIME	YEAR	NEW

Martin Luther King Jr.



ACTIVIST

AMERICAN

CHANGE

CIVIL RIGHTS

COURAGE

DREAM

EQUALITY

FREEDOM

HERO

JANUARY

JUSTICE

LIBERTY

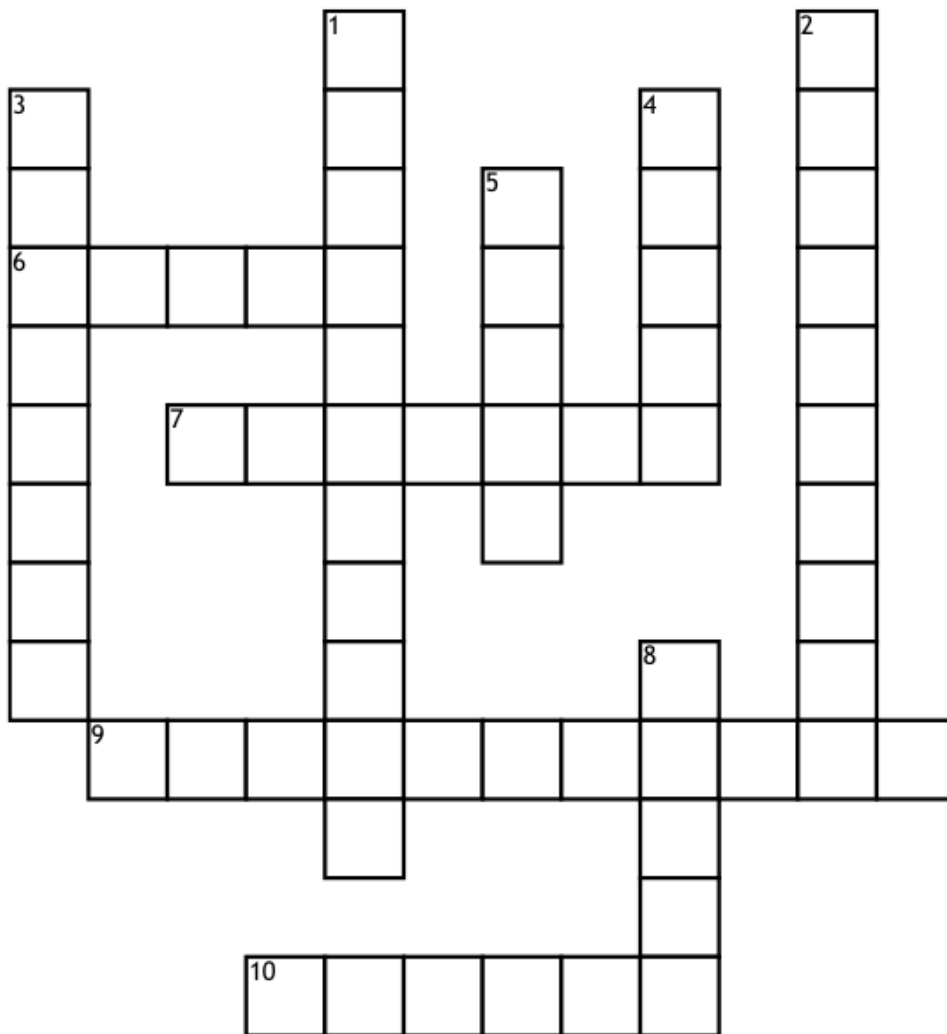
NOBEL PEACE PRIZE

MINISTER

SPEECH



Happy New Year



Across

6. People ____ and have fun on New Year's eve

7. There are lots of ____ on New Year's eve

9. People often make ____ at this time

10. Many parties include ____

Down

1. The new year is a time for ____

2. It's a time for ____

3. You celebrate New Year's at the stroke of ____

4. Some people exchange ____ on New Year's day

5. There's usual lots of good ____ on New Year's eve

8. Some people exchange ____ on New Year's day

CONGRATULATIONS LADY ADA TAYLOR 2025 INTERNATIONAL IMPACT BOOK AWARDS RECIPIENT



Newsletters will now be sent by subscription. Ways to subscribe are on the Deer Valley Home Health website, just click the subscription button. You can also call 314-761-5129, or email admin@deervalleyhomehealth.com. Indicate if you would like the newsletter mailed, emailed or you can opt out of receiving the newsletter. Newsletters will still be available for viewing on our website, Paycom, or can be picked up at any of our locations.

Company information will be on the Deer Valley website, social media sites, and Paycom for those who choose not to subscribe to the newsletter. Visit us on:

Facebook,

Instagram @ [deervalley_homehealth](https://www.instagram.com/deervalley_homehealth)

Twitter@ [deervalley_serv](https://twitter.com/deervalley_serv)

Or visit our websites: www.deervalleyhomehealth.com