

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

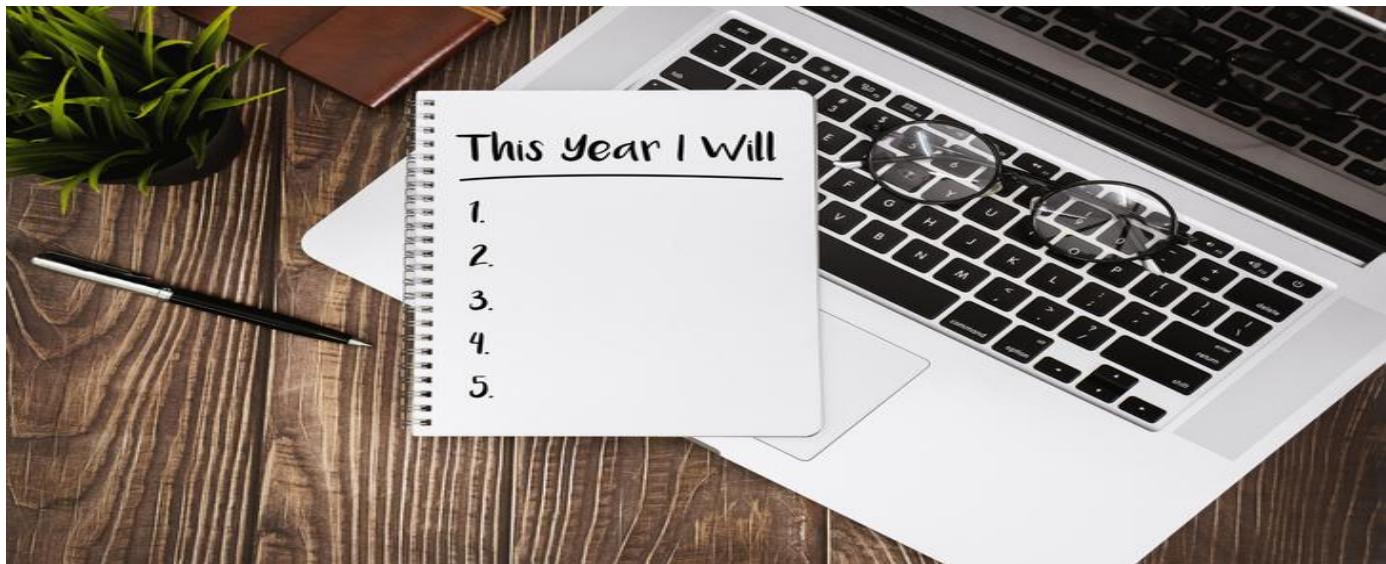
Happy New Year to the Deer Valley Home Health clients, staff and associates. Thank you for continuing your services with us. As we step into 2026, I want to express my heartfelt gratitude for your dedication & creativity. Our client's and staff have played a vital role in our success and together we've 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](http://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 19<sup>th</sup>**

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 27<sup>th</sup>**

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



1<sup>ST</sup> 3 Pics- Derk Brown Toy Drive

2<sup>nd</sup> row Pics/ Rhonda Ware-Potts Retirement Party

3<sup>rd</sup> row DVHH Annual Christmas Party Dec 12<sup>th</sup>

4<sup>th</sup> 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](mailto: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](http://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/individual-family-guardian-info)

## **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!

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

*Congratulations!*

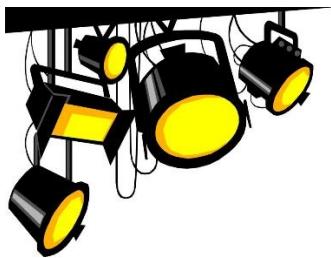
**CONGRATULATIONS**  
to the following employees on their  
January work anniversaries...

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



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

**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. 5<sup>th</sup> 10am-12noon

**Woodson Terrance Seniors** January 8<sup>th</sup> 10:30am-12:30pm

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

**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 13<sup>th</sup> 12noon-1:00pm

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

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

**Sarah Community Networking meeting** - January 7<sup>th</sup> 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/foodassistance](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. 14<sup>th</sup>  
7:30am-10:00am

**Housing/Shelter:**  
Apartment Finder  
[www.apartmentfinder.com](http://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](http://www.myhousingsearch.com)

### Hope Church

314 869-7777

### Heat Up Saint Louis

314-241-0001

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

### Team Food Pantry

314 831-0879

### Urban League

314-388-9840

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

### Showers ( Free) Carondelet Park Rec Complex

314 768-9622



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**.



AFRICAN AMERICAN HEALTH CARE  
ASSOCIATION OF MISSOURI

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.

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## 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](mailto: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  
FIREWORKS  
COUNTDOWN  
CALENDAR  
HAPPY  
CLOCK

MIRROR BALL  
CHAMPAGNE  
BALLOONS  
JANUARY  
GOALS  
TIME

CELEBRATION  
BEGINNING  
CONFETTI  
CHEERS  
FIRST  
YEAR

RESOLUTIONS  
HOURGLASS  
MIDNIGHT  
GLASS  
PARTY  
NEW

# Martin Luther King Jr.



ACTIVIST

AMERICAN

CHANGE

CIVIL RIGHTS

COURAGE

DREAM

EQUALITY

FREEDOM

HERO

JANUARY

JUSTICE

LIBERTY

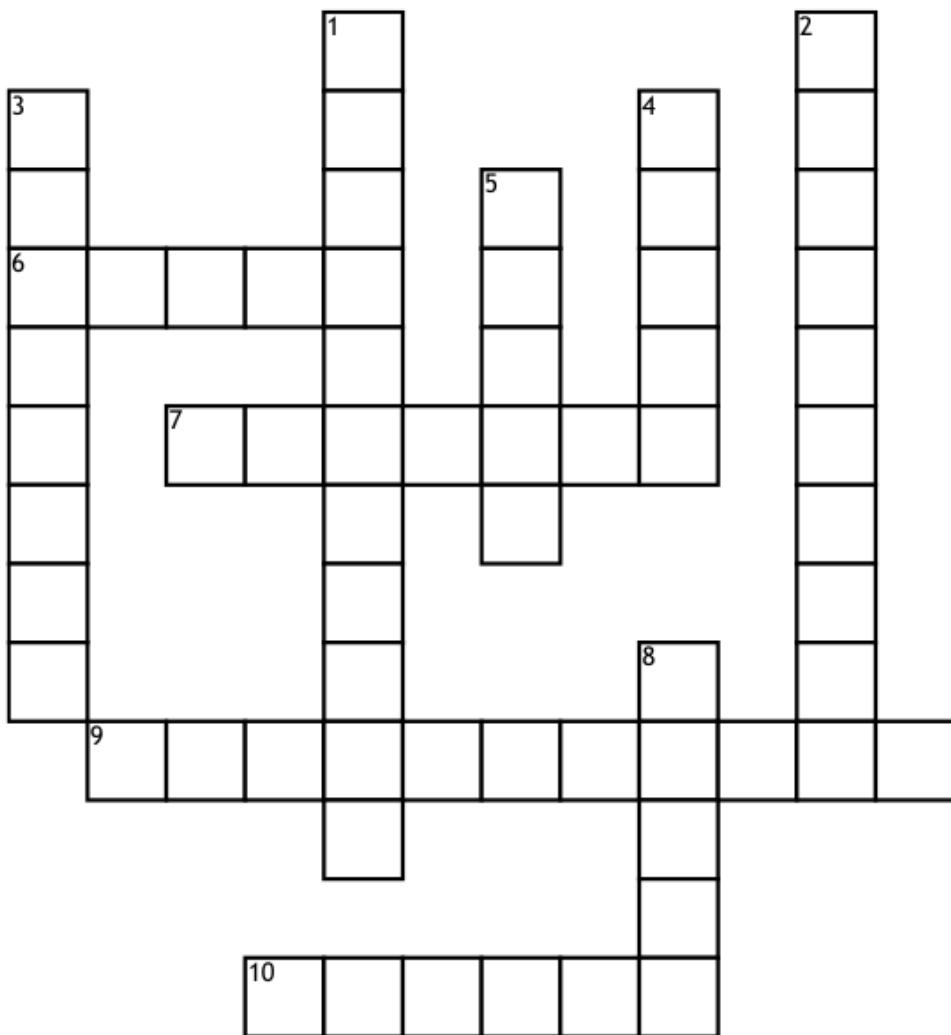
NOBEL PEACE PRIZE

MINISTER

SPEECH

*I Had a Dream...*

# 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](mailto: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  
Twitter@ deervalley\_serv  
Or visit our websites: [www.deervalleyhomehealth.com](http://www.deervalleyhomehealth.com)