

July 2026
Summer Edition
Volume 7

Deer Valley Home Health



Highlights:

CEO	1
Articles	2-13
In the Community	14-20
Activities	21
Dates to Remember	22
HR	22
Compliance	23
Nursing	23
DMH/ISL	23
CDS	23
In- Home	23
Employees	24-25
Birthdays	26
Upcoming Events	27
Spotlight	28



From the desk of Lady Ada Taylor, CEO

Greetings, Friends and Family,

Welcome to the month of July! As summer reaches its peak, July marks the heart of vacation season, beginning with the celebration of Independence Day. Families and friends will take to the roads, rails, seas, and skies to enjoy well-deserved time away and create lasting memories.

This year is especially significant as our nation celebrates its **250th birthday**. There is truly no place like **St. Louis** on the Fourth of July! Whether you're looking to celebrate with family, friends, or that special someone, our region offers spectacular fireworks, community festivals, concerts, and activities for everyone to enjoy.

July is also a very special month for me! I will be celebrating my birthday on **Friday, July 24**, and I would love for you to join me at **Ol' Henry Restaurant** from **6:00 PM – 9:00 PM** for an evening of fun, laughter, and celebration.

The celebration continues **Saturday, July 25**, when I am deeply honored to receive the **Living Legends Award** from the **Missouri History Museum**. The ceremony begins at **5:00 PM**, and I am truly grateful for this meaningful recognition.

After an exciting month of celebrations, I'll be heading to the beautiful **Waikoloa Resort** on the **Big Island of Hawaii** for some much-needed rest and relaxation. I believe in living life to the fullest, but I also know the importance of taking time to recharge, reflect, and return refreshed.

Please refer all in-home needs to Deer Valley Home Health. We have a wide variety Medicaid Programs for all your needs. Our Intake Coordinator Kim Hamm will be happy to assist you. Don't forget we now have a new program called "Silver Nesters." This is a nonmedical private pay program that will provide an eligible worker to come into the home and assist with cooking, cleaning, laundry running errands, and companionship. Please call (314) 355-3679. EXT 217. Thank you for your business.

Lady Ada, CEO



Herbal/Prescription Interaction Awareness Month

Dietary supplements are products that are intended to supplement the diet and contain various ingredients such as vitamins, minerals, herbs, amino acids, and dietary substances. However, it is important to be cautious when consuming these supplements as they can pose risks in certain situations.

The main objective of this campaign is to educate the public, especially the elderly, about the importance of consulting a doctor before taking dietary supplements. This is necessary to ensure that there are no harmful interactions between the supplements and their prescription medications. For instance, certain supplements like ginseng, red sage, cranberries, garlic, and ginger can have adverse effects or reduce the effectiveness of



prescription drugs when taken together.

Herbal / Prescription Interaction Awareness Month Facts

A diet-first approach

Healthcare professionals suggest addressing vitamin deficiencies through dietary changes as the initial course of action.

Bone density

Vitamin K2 is beneficial for the bone density of older women.

Real food is better

While supplements can provide nutrients, it is generally better to obtain those nutrients from food.

How to Observe Herbal / Prescription Interaction Awareness Month

Book a consultation

The experts possess the highest level of knowledge. It is important to schedule an appointment with your physician to check if any dietary supplement you are consuming may pose a risk to your health.

Learn about the ingredients in your medication

Having knowledge about the substances present in the foods you consume regularly is imperative, especially if you are taking medication.

Look up supplement details

Before you start taking a dietary supplement, it is important to carefully read and follow the instructions provided on the packaging. It is crucial to fully comprehend the ingredients and components of the supplement before using it.

UV Safety Month

What is UV radiation?

Ultraviolet radiation is a type of electromagnetic radiation that is invisible to the naked eye. It is made up of high-energy waves that can damage DNA and cause sunburn. It comes from the sun and can also come from artificial sources like tanning beds.

UV radiation is divided into two main categories: UVA (aging) and UVB (burning). UVA rays are the longest and can penetrate deep into the skin, causing premature aging and wrinkles. UVB rays are shorter and cause sunburns. Both types of UV radiation can be harmful to your skin.

What are the risks associated with UV radiation?

Exposure to UV radiation can cause sunburn, premature aging, and skin cancer. Skin cancer is the most common type of cancer in the United States. In fact, according to the American Cancer Society, more than 3.5 million cases of skin cancer are diagnosed each year in the US. Plus, skin cancer rates are on the rise.

Did you know that just a few minutes of sun exposure each day can add up overtime and put you at risk for serious health problems? That's why it's essential to protect yourself from UV radiation exposure to minimize your risk of one of the three types of skin cancer.

Types of Skin Cancer

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma.

1. Basal cell carcinoma-is the most common type of skin cancer, accounting for about 80 percent of all cases. It is typically slow-growing and can be treated effectively with surgery or radiation.

2. Squamous cell carcinoma-makes up about 20 percent of all skin cancer cases and tends to occur on sun-exposed areas of the body such as the face, neck, and hands.
3. Melanoma-is the most serious type of skin cancer, accounting for about four percent of all cases. It can be very aggressive and spread quickly to other body parts if not caught early.



Why Is UV Protection Important for Seniors?

Older adults face a higher risk of certain health concerns caused by sun exposure. Long periods in the sun may increase the chances of:

- Sunburn
- Skin cancer
- Heat exhaustion
- Dehydration
- Eye damage
- Premature aging of the skin

Some medications can also make the skin more sensitive to sunlight. This means seniors should take extra care before spending time outdoors.

When Should Seniors Avoid the Sun?

The sun's UV rays are usually strongest between 10 a.m. and 4 p.m. During these hours, it is safer to:

- Stay indoors when possible
- Relax in shaded areas
- Plan walks or errands early in the morning or later in the evening

This can help reduce the risk of overheating and sunburn during the hottest part of the day.

How Does Hydration Help During Summer?

Staying hydrated is important for everyone, especially seniors. Hot weather can lead to dehydration faster than many people realize.

Seniors should: +

- Drinking water throughout the day
- Avoid too much caffeine or alcohol
- Eat fruits with high water content like watermelon or oranges
- Carry a water bottle when outside

Signs of dehydration may include dizziness, dry mouth, headaches, or fatigue. Family members and caregivers should also help remind older adults to drink enough fluids.

Can UV Rays Affect the Eyes?

Yes. Too much UV exposure may increase the risk of eye conditions such as cataracts and vision problems. Wearing sunglasses with UV protection can help keep the eyes safer outdoors.

Seniors should look for sunglasses that block 99% to 100% of UVA and UVB rays. A wide-brimmed hat can also provide extra protection for the face and eyes.

What Summer Activities Are Safe for Seniors?

Outdoor activities are still healthy and enjoyable when proper safety steps are followed. Seniors can safely enjoy:

- Morning walks
- Gardening in shaded areas
- Outdoor family gatherings
- Light exercise
- Short trips to parks

The key is to avoid extreme heat and take regular breaks indoors or in shaded places.

How Can Caregivers Help Seniors Stay Safe?

Caregivers and family members play an important role during the summer season. They can support seniors by:

- Checking weather conditions
- Providing sunscreen and protective clothing
- Encouraging hydration
- Watching for signs of heat exhaustion
- Scheduling outdoor activities during cooler hours

Simple reminders and regular check-ins can help older adults stay healthier and more comfortable.



American Independence Day – History of American

Independence Day 4th July

The American Day of Independence is celebrated throughout the nation on 4th of July each year, marked by patriotic displays by members of both the public and the government. Many politicians make it a point on this day to appear at a public event to praise the nation's heritage, laws, history, society, and people.

The day has been a federal holiday in the United States of America since 1941. However, the tradition of celebration goes all the way back to the American Revolution in 1776.

The Declaration of Independence

On July 2nd, the Continental Congress declared that the thirteen colonies were now officially independent of British Rule. They were no longer subject to regulations and laws under the British Crown. They were united, free and independent states.

Two days later, the delegates from the colonies adopted the Declaration of Independence. The resolution was first proposed by Richard Lee in June of that same year. The Lee Resolution, named after Richard Henry Lee, was formally passed by the Second Continental Congress on July 2, 1776. News of the development was published that same evening in the Pennsylvania Evening Post and the following day in the Pennsylvania Gazette.

The Declaration is written and signed

The Second Continental Congress meeting was held at the Pennsylvania State House in Philadelphia on July 4th, 1776. Authorized by Thomas Jefferson, the declaration clearly stated that the Thirteen Colonies were at war with the Kingdom of Britain. These new states then took a step forward and formed the United States of America.

The Declaration of Independence was signed by representatives from New Hampshire, Massachusetts Bay, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Maryland, Delaware, Virginia, North Carolina, South Carolina, and Georgia.

The date of the Independence Day

From the very beginning, Americans celebrated Independence Day on July 4th every year. Historians have long disputed whether the Declaration was signed on the second or the fourth day of July in 1776. However, Thomas Jefferson, John Adams, and Benjamin Franklin all later wrote that they had signed it on July 4th.

There are also some reports that the Declaration was in fact signed a month after its adoption, on August 2nd, 1776.

The first celebrations of Independence Day

It was in the year 1781 that the Massachusetts General Court became the first state legislature to recognize July 4 as a state celebration. Two years later, in 1783, the town of Salem held the first public event celebrating the fourth of July.

It was a challenging musical event with the program, entitled The Psalm of Joy, assembled by Johann Friedrich Peter. It was carefully documented by the Moravian Church. There are no other government records of any previous Independence Day events.

Declaration as a federal holiday

In 1780, the United States Congress made July 4th an unpaid holiday for federal employees. In 1983, Congress officially declared it a paid holiday for federal employees. This is why non-essential federal institutions are closed on that day each year (including the postal service and federal courts).

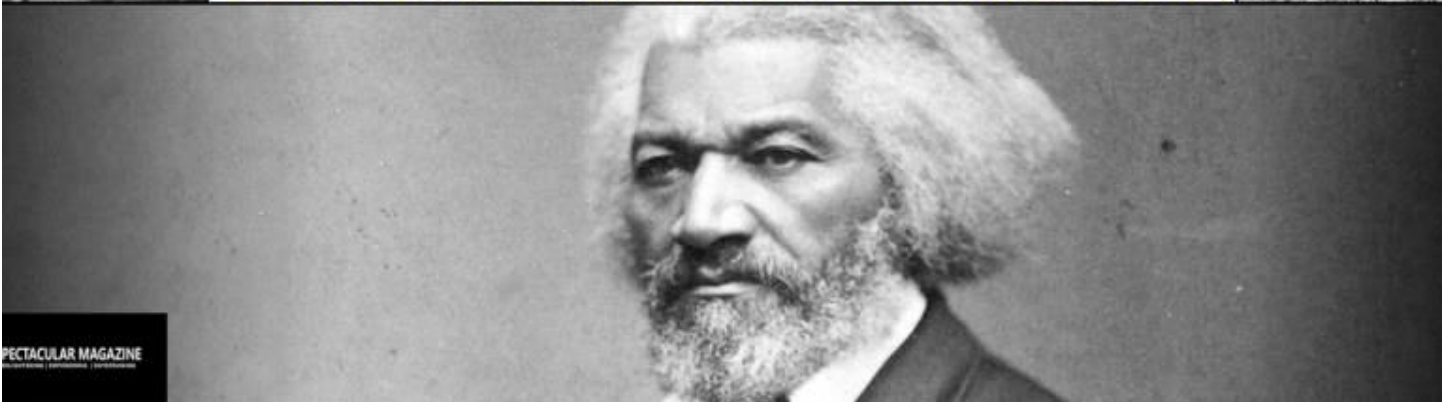
The Independence Day today

Today, Americans celebrate their Day of Independence with their families, friends and loved ones. They host barbecues or attend picnics. Homes are decorated with the national colors of the American flag: red, white and blue a night before. On the morning of Fourth of July, public parades are often held before family get-together take place while fireworks displays occur in the evening after dark at many family public and tourist spots, including parks, fairgrounds or town squares.



JULY 4, 1776

WHILE "AMERICANS" WERE CELEBRATING THEIR INDEPENDENCE, BLACK PEOPLE WERE STILL BEING BEATEN, RAPED, AND TORTURED. WHILE THE "BOMBS BURST IN AIR", **AFRICANS WOULD STILL BE ENSLAVED FOR ALMOST 100 MORE YEARS.**



PECTACULAR MAGAZINE





What is Sarcoma Awareness Month?

Sarcoma Awareness Month is dedicated to raising awareness about sarcoma, a group of cancers that begin in the bones and soft tissues. Because sarcoma is rare and its symptoms can be mistaken for other conditions, early detection and proper diagnosis are vital. The month-long observance encourages education about the signs and symptoms of sarcoma, supports those living with the disease, and advocates for increased research funding to find better treatments and ultimately a cure.

Sarcoma is often called the “forgotten cancer” because of its rarity and the lack of public understanding compared to other cancers. Raising awareness is crucial because it leads to earlier diagnoses, improved treatments, and more support for research efforts.

Sarcoma Symptoms

Sarcoma symptoms often mimic more common, benign conditions, which can lead to misdiagnosis or delays in seeking medical attention. If you or someone you know is experiencing any of these symptoms, seeking medical advice for a proper diagnosis is essential.

Here are some common symptoms associated with sarcoma:

- **Lump or Swelling:** A noticeable lump or swelling under the skin that may or may not be painful
- **Pain:** Persistent pain in the affected area that can become severe over time
- **Limited Range of Motion:** If the sarcoma is near a joint, it may cause restricted movement or stiffness

- **Swelling or Numbness:** Larger tumors may press on nerves or blood vessels, causing swelling or numbness in the affected area
- **Fatigue:** General fatigue or weakness that doesn't improve with rest
- **Unintended Weight Loss:** Significant weight loss without trying to lose weight
- **Abdominal Pain:** For sarcomas in the abdomen, there may be pain, a sense of fullness, or digestive issues
- **Skin Changes:** There may be skin color or texture changes for sarcomas on or near the skin.

Diagnosing Sarcoma

If your doctor thinks you may have a sarcoma, you'll probably need a full exam and tests, including:

- A sample of cells from the tumor, called a biopsy
- Imaging tests, such as a CT scan, an ultrasound, an MRI, or a PET scan to help see inside your body
- A bone scan, if you might have osteosarcoma

Facts About Sarcoma Awareness Month

- Sarcomas account for only about 1% of all adult cancers, but around 15% of childhood cancers.
- There are more than 70 different subtypes of sarcoma, making diagnosis and treatment complex.
- Early detection can significantly improve outcomes, but many people are unaware of the symptoms.
- Sarcoma Awareness Month was established to encourage education, support, and research for this rare cancer type.



Important Facts about **Sarcoma Cancer**

SARCOMA CANCER

Awareness Month

July

Sarcoma are rare

Sarcoma are rare in adults—approximately 1% of all adult cancer diagnoses are sarcomas

Sarcoma can develop in any part of the body

The most common areas are the arms and legs, the back of the abdomen (retroperitoneum) and head and neck.

Sarcoma cause is unknown

Most Sarcomas do not have a known cause, although there are several factors that could increase person's risk of developing a sarcoma – History of radiation therapy, Genetic disorders, Chemical exposures & Long term swelling.



A public awareness initiative by:



Takeaway

Cancer is a group of serious diseases that are caused by genetic changes in your cells. Abnormal cancer cells may divide rapidly and form tumors.

Risk factors like smoking, drinking alcohol, a lack of physical activity, an unhealthy diet, having a high BMI, and catching certain viruses and bacteria may contribute to developing cancer.

Screening may help detect cancer early when it is easier to treat. The treatment plan and outlook for people with cancer can depend on the type of cancer, the stage at which it is diagnosed, and their age and general health.

Juneteenth Events

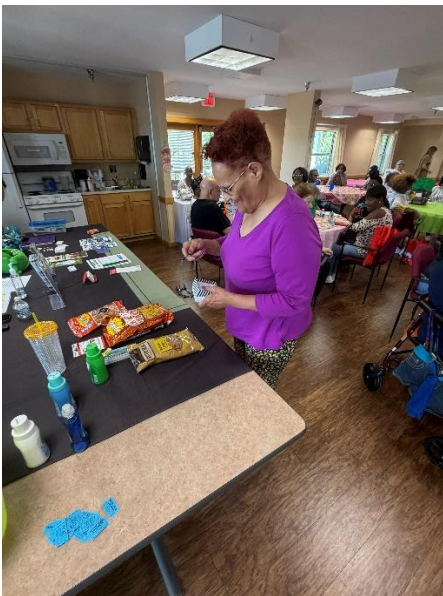












Juneteenth State of US Scholarship Gala



**HAPPY
JUNETEENTH**

Name: _____ Date: _____



July 4th!



AMERICA
ANNIVERSARY
ANTHEM
BACKYARD
BARBECUE
BASEBALL
BLUE
BOOM
BUNTING
BURGERS
CELEBRATE
COMMEMORATE
COMMUNITY
CONCERT
COOKOUT
CROWDS
DECLARATION
DECORATIONS
DEMOCRACY
EAGLE
ENDURE
EQUALITY
FAMILY
FIREWORKS
FLAG
FREE
FUN
GATHERING
GRATEFUL
GRILL
HOLIDAY
HOME
HOT
HOT DOGS
INDEPENDENCE
JULY
LEMONADE
LIBERTY
MUSIC
NATIONAL
OUTSIDE
PARADE
PARTY
PATRIOT
PICNIC
PRIDE
PYROTECHNICS

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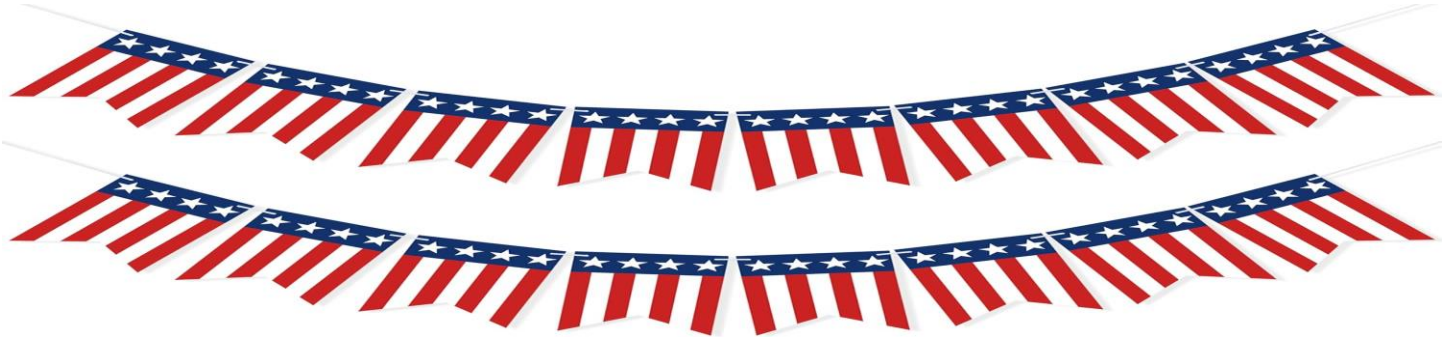
RED
REUNIONS
SALUTE
SPARKLERS
SPIRIT
STARS
STAR-SPANGLED
STATES
STREAMERS

STRIPES
SUMMER
TRADITION
UNFURL
UNITED
VALUES
VETERAN
WATERMELON
WHITE



JULY DATE TO REMEMBER

- **July 4 – Independence Day (U.S.):** Commemorates the adoption of the Declaration of Independence in 1776, marked by fireworks, parades, and patriotic events



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](http://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

Trissel McNeil DSP

LaJuan Kingcade PCA

Tajah Robinson DSP

Earl Kelly

Shontel Kennard

Welcome Rehire

Kayla Gilcrease PCA



to the team!



Fatima Caruthers - 7 Years

Craig Simpson RN - 1 Years

Sheronica Lyles - 2 Years

Vanessa Robinson – 3 Years

Charlotte Cooley - 7 Years

Francine Randle - 12 Years

Stephen Foster - 2 Years

Wendy Johnson - 1 Year

Tameisha Simmons – 1 Year

Kesha Blanks - Slayton – 6 Years





Ada Taylor 07.24 07.14	Briana Campbell 07.07	Orlando Williams Jr.
Tracy Nichols 07.06	Tedaiky Kakpata 07.04	Rhonda Cassell-Walton
Norman Boyce 07.09	Telia Douglas 07.22	07.26
Tanisha Carr 07.04	Ordaria Muyahddib 07.04	Reginald Williams
07.04		
Joseph Hutchins 07.30	Lillian Hardy 07.05	Antonio Barner Jr.
07.02		
Marnice Scott 07.20	Alexsys Felix 07.24	Ricketta Calicutt
07.15		

Enjoy
your
day !



Up Coming Events

**St. Anthony PADUA Church Food
Pantry** /Mon, Wed & Thur. 10am to 12pm

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

Wellston Center every Friday 8am – 12pm

The Christian Life Center Resource Fair –
July 17th 11am – 3pm

**GNCC – Women in Power Networking
Lunch** June 9th 12pm- 1:30pm

It's Just Networking 2 July 2nd 8:30am –
10:00am

Cahill Resource Fair July 23rd 9am -1pm

Cross Keys Back 2 School Fair July 25th 11am
– 2pm

**Women's Business Group Happy Hour &
Service Project** July 16th 4pm – 6pm

VetNet Connect Meeting July 17th 8:30am-
10:00am

314 884-0394

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

Hope Church
314 869-7777

Team Food Pantry
314 831-0879

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

Urban League
314-388-9840

Heat Up Saint Louis
314-241-0001

Focus Gateway City

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

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

Apartment Finder
www.apartmentfinder.com

GIFT CARD AGENCIES:

Salvation Army
Urban League

Beyond Housing
314-533-0600

Community of Hope
314 887-5941
Food Pantry

[www.mydss.mo.gov/foodass](http://www.mydss.mo.gov/foodassistance)
[stance](http://www.mydss.mo.gov/foodassistance) SVDP - call 211 for
local resources

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

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

TEAM Food Pantry 314-831-
0879

St. Louis Housing Authority
314-531-0184

Housing/Shelter:

**St. Louis County Housing
Authority**
314-428-32



Denise, HR Specialist

I nominate Denise Washington for her diligence, strong work ethic, and compassionate approach. She effectively manages the DMH department with professionalism and poise while actively expanding her knowledge of core HR best practices. Denise is a valued colleague, and I look forward to continuing to grow and learn alongside her.

Ashley, HR Director

I nominate Ashley for her compassionate and approachable leadership. As HR Director, she consistently provides a supportive environment where

employees feel comfortable discussing both personal concerns and formal workplace matters, handling each with professionalism and care.

Ashley is a highly engaged member of Team Deer Valley and has made a meaningful impact through improvements to ACA processes, enhancements to the PTO policy, and the implementation of a more effective HRIS system. She is a well-rounded HR professional whose contributions continue to strengthen the organization.



Celebrating JUNETEENTH

— FREEDOM. CULTURE. HERITAGE. UNITY. —

KNOW THE PAST. CELEBRATE TODAY. INSPIRE TOMORROW.



Deer Valley
Home Health Services

— SERVING ST. LOUIS COUNTY —

HONORING
OUR PAST.
EMPOWERING
OUR PRESENT.
BUILDING A
HEALTHIER,
STRONGER
FUTURE.



This Juneteenth, we celebrate freedom, resilience, and the strength of our ancestors. At Deer Valley Home Health, we are committed to providing compassionate, high-quality care that uplifts and empowers our community.

With Love & Purpose,
Lady Ada 

AUTHOR OF
FROM THE CONCRETE RESERVATION
TO THE CROWN JEWEL:
GROUND ZERO TO MULTI-MILLIONAIRE



♥ CARING FOR ST. LOUIS COUNTY. ♥
CARING FOR OUR COMMUNITY. ♥

 PERSONAL CARE

 COMPANION CARE

 SKILLED NURSING

 SUPPORTING INDEPENDENCE

Proudly Serving
St. Louis County

 www.deervalleyhomehealth.com

 www.millionairesclubstl.org

 314-355-3679



Compassion.
Dignity. Respect.
That's Our Promise. 

DEER VALLEY HOME HEALTH IS A PROUD PARTNER OF  MILLIONAIRES CLUB STL. BRIDGING OUR DIVERSE COMMUNITIES.

♦ JAMES TATUM FINANCIAL

MILITARY DISCIPLINE • PASTORAL CARE • FINANCIAL CLARITY

FOR THE FAMILIES & CAREGIVERS OF DEER VALLEY HEALTH

Who Will Take Care of You?

If you are caring for someone you love, you carry more than most people see. These five questions bring clarity to the road ahead — for the one in your care, and for you.

FIVE QUESTIONS EVERY CAREGIVING FAMILY SHOULD ASK

1 THE COST OF CARE

Do we know what care will actually cost?

Home care and nursing care can run several thousand dollars a month, and Medicare covers far less than most families expect. Knowing the numbers early turns a crisis into a plan.

2 THE PAPERWORK

Are the essential documents in place?

A durable power of attorney, a healthcare directive, and an updated will let you act for your loved one — and spare the family confusion at the hardest possible moment.

3 THE CAREGIVER

Who is protecting your future while you protect theirs?

Caregivers often pause careers and savings to help. Keeping even reduced retirement contributions going protects the person everyone is counting on — you.

4 THE INCOME

Will the income last as long as the care is needed?

A long illness, or a long life, can outlast a savings balance. Knowing which income is guaranteed for life — and which can run out — is the heart of a plan that holds.

5 THE LEGACY

Have we protected what gets passed on?

Beneficiary designations override a will. A little planning now can preserve a home, savings, and dignity for the next generation.

How James Tatum Financial helps families like yours

- Understand what care will cost — and map how to pay for it without draining the family
- Turn savings into dependable, lifelong income you won't outlive
- Get essential legal and beneficiary documents reviewed and in order
- Plan a legacy that protects your home and the people you love
- Protect your own retirement while you care for someone else

♦
“Hope is not a strategy. Clarity is.”

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