

March 2026

Spring Edition

Volume 3

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

Greetings, Friends and Family,

Welcome to Spring 2026. The new season will give the world much cheer and whispered for the next 6 months, I am forever here. The most beautiful time of the year is Spring. The flowers, and green grass smell so sweet. In the garden the tulips sway, and the robins singing in the break of day. We celebrate Easter next month, by attending church, and dressing up in the latest fashion. This is our thanks to our savior Jesus Christ, who died so we could live.

I'm excited to inform that I will be in Atlanta during the Easter Holiday next month meeting with the Executive Producer of my new documentary. Please pick up a copy of my new book and study guide, From the Concrete Reservation to the Crown Jewel.

I am also the proud recipient of the International Impact Book Award, that will be awarded to me on Friday February 27, in Phoenix AZ. I live life to the fullest, as we all should strive to do!

Lady Ada, CEO





Springtime Wellness: How You Can Stay Active & Healthy

Spring's arrival in the Midwest means longer days, warmer temperatures, and sunnier attitudes. These changes create measurable effects on the human body, from allergies to circadian rhythms, and this season of renewal is an inspiring time to launch a few healthy habits. Start by:

Schedule medical Checkups:

During springtime, some people experience an uptick in joint pain and rheumatoid arthritis, asthma from pollen, or headaches from unpredictable weather and barometric pressure changes. As you age, these factors may affect you differently than in years past, influencing overall health and even the ability to handle basic personal care such as activities of daily living. Stay on top of these changes by scheduling time with your healthcare providers for regular preventive care.

Exercise

Now that temperatures are rising, consider stepping outside for warm-weather workouts. Need inspiration and motivation? Find a new way to move by joining a gym, walking club. **If you experience joint pain and need low-impact ways to move, look for a community swimming pool to swim a few laps or join a water aerobics class.** To maintain stability and balance as you are age, seek outdoor group exercise classes such as tai chi or yoga to improve your core strength.

Embrace Healthy Eating

Spring heralds the return of seasonal fruits and vegetables packed with vitamins and minerals essential for healthy aging. Not only are these a core part of a spring wellness strategy, but they're also more affordable because they're available in abundance. Shop for seasonal produce in your grocery store aisles or at a local farmer's market.

Stay Hydrated

Everyone's body's function relies on proper hydration, from healthy digestion to a regular cardiac rhythm. Older adults are especially prone to dehydration and its negative effects. Before you step outside, know the signs of dehydration:

- Feelings of thirst and a dry mouth, lips, and tongue
- Lack of urination or dark-colored urine
- Dizziness or light-headedness
- Tiredness or confusion
- Involuntary muscle contractions or cramps in the arms or legs

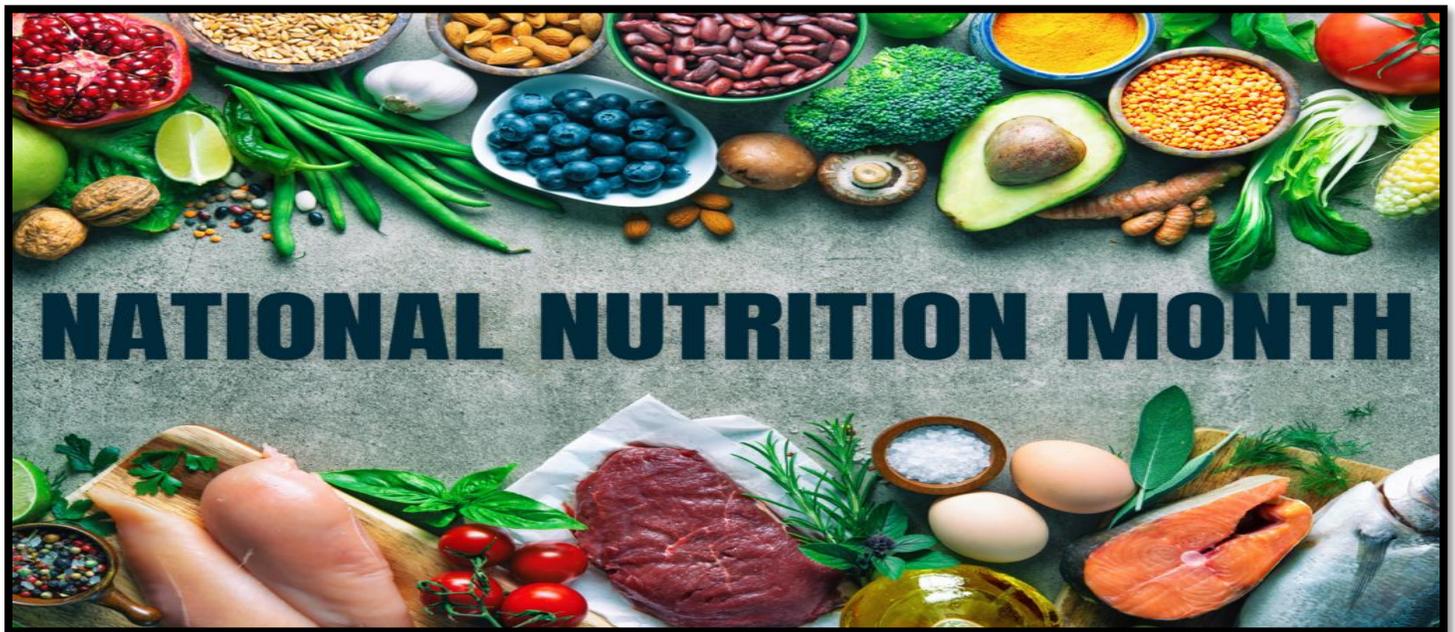


Focus on your Mental Health & Positive Thinking

Step Outdoors- people who spend more time in nature enjoy enhanced cognitive functioning and attention and decreased stress. They are also less likely to display anxiety disorders & depression and more likely to report high levels of happiness and well-being

Learn Something New- Exercising your brain is just as important as exercising your body. Curiosity and a desire to learn can improve your happiness and empathy and help you maintain long-term cognition as you age.

Do a Deep Seasonal Clean- it might be a cliché for the season, but spring cleaning does provide real physical and emotional benefits. Deep-cleaning dust and allergens from your house can mitigate allergy symptoms. In addition, living in a clean, organized space can provide a sense of accomplishment, reset your frame of mind, and improve your overall mood.



National Nutrition Month 2026: The Role of Nutrition & Meal Preparation in Home Care

Nutrition is a cornerstone of home health care, driving faster recovery, managing chronic conditions, and maintaining independence by preventing malnutrition and supporting immune function. It aids in wound healing, boosts energy, and improves cognitive function, with care providers assisting through meal planning, preparation, and dietary monitoring.

Why is nutrition important in disabled & senior care homes?

Nutrition plays a pivotal role in senior care homes as it directly impacts the health and well-being of residents. Proper nutrition helps prevent malnutrition, a common concern in this community, as seniors require fewer calories but need more essential nutrients to support their health. A well-balanced diet provides the necessary vitamins and minerals, which are crucial for maintaining physical and cognitive functions.

What Safe-Food practices should caregivers follow?



Caregivers play a vital role in ensuring the safety and well-being of the elderly through proper food handling and meal preparation. Following safe food practices is essential to prevent foodborne illnesses. Here are some fundamental steps caregivers should implement:

- **Clean:** Wash hands and surfaces frequently. It is recommended to use soap and water for at least 20 seconds, especially before and after handling food.
- **Separate:** Avoid cross-contamination by using separate cutting boards and utensils for raw meats and ready-to-eat foods. This practice helps to prevent harmful bacteria from spreading.
- **Cook:** Cooking food to safe internal temperatures is crucial. Caregivers should utilize a food thermometer to ensure that proteins are cooked thoroughly. For instance, poultry should reach a minimum temperature of 165°F, while ground meats and seafood have specific safe temperatures as well.
- **Chill:** Perishables must be refrigerated promptly. Food should be stored within 2 hours of cooking, or within 1 hour if the ambient temperature exceeds 90°F, to inhibit bacterial growth.

By adhering to these safe food handling procedures, caregivers can significantly reduce the risk of foodborne illnesses and contribute to the overall health and safety of the clients they serve.



MARCH DATES TO REMEMBER

Daylight Saving Time Starts/ March 8th

Time to set your clocks forward by 1 hour.



314 Day (Local Celebration) March 14th

314Day is an annual celebration dedicated to showcasing the rich culture, unique spirit, and dynamic community of St. Louis



St. Patrick's Day/ March 17th

A cultural and religious celebration held on the death date of Saint Patrick, the foremost patron saint of Ireland.



Spring Equinox/ March 20th

The official start of spring in the Northern Hemisphere.



Women's History Month

Dedicated to honoring the contributions of women to history, culture, and society.



KEEPING UP WITH DVHH



Above: Senior Music Bingo Event O' Henry Feb. 23rd



We are Engaged in Our Community



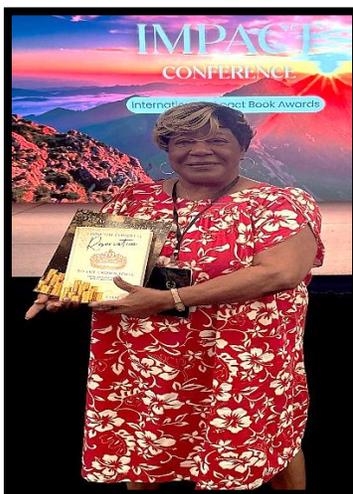
We Are Out and About in Our Community





Women's History Month is an annual observance to highlight the contributions of women to events in history and contemporary society. This is the perfect opportunity to recognize our very own Lady Ada Taylor on her wonderful achievement in receiving the 2025 International Impact Book Award for writing “**From the Concrete Reservation to the Crown Jewel: From Ground Zero to Multi-Millionaire**”. We Celebrate you Lady Ada this month and BEYOND!!!





Above: Please see the QR code for the Deer Valley discount code that's attached. The Discount will automatically show up when you checkout. Contact us if you should have any questions.



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.



Welcome New Hires **&** **Welcome Back Rehires!**

Famatta Crawford	DSP
Jayden Byrant	DSP
Jah Freeman	DSP
Meagan Stalling	DSP
Taushay Jannice	DSP
Alexis Martin	DSP
Damon Sutton	DSP
De'Asiah Summers	DSP
Loretta Collier	DSP

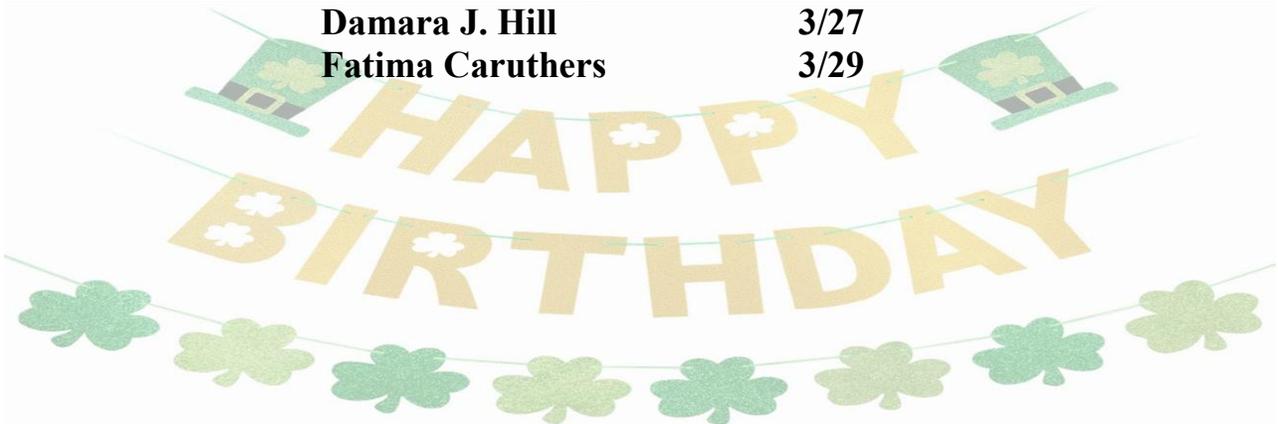
Congratulations!

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

Latrice Moore	1 year
Colette Glaze	1 year
Craig Murphy	2 years
Rita Douglas	2 years
Alasha Young	3 years
Sidney Allen	4 years
Charlene Westfall	5 years
Le Shae Anthony	6 years
Everlena Mack	9 years
Sequina Jones	11 years
Nicole Dickerson	12 years
Margy Williams	16 years



Terrell Jones	3/01
Charles A. Robinson	3/04
Sabrina Washington	3/06
Peggy Amos	3/11
Chasatie Fisher	3/11
Julia Byas	3/11
Laura Gleason	3/12
Donissa T. Holmes	3/14
Christine Johnson	3/15
Ronniece Hunt	3/17
Latashia Williams	3/18
Mariah Bradbury	3/23
Damara J. Hill	3/27
Fatima Caruthers	3/29



**ALL OF US AT DEER VALLEY WISH THOSE WHO ARE
CELEBRATING THEIR BIRTHDAY IN MARCH TO HAVE
BOUNTIFUL BLESSINGS & HAPPINESS ON YOUR DAY &
BEYOND!!!**



EMPLOYEE SPOTLIGHT

Angela Ellerson



Senior Community Liaison

Angela has consistently done an excellent job in the field promoting and being a representation for Deer Valley by maintaining strong engagement with the community.

Deer Valley Home Health would also like to recognize the following employees for their dedication & honesty that each of them brings to the DVHH table.

Corey Sims



Surlander Scott



Ms. Yulanda



Here at DVHH want to extend our thanks and gratitude for to our employees on the exceptional effort and dedication in seeing DVHH grow!



Up Coming Events

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

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

Maryland Heights Resource Fair -March
6th 9am-1pm

**Urban League Resource Mobilization
Initiative**
March .19th 11am-1pm

Women's Networking Meeting- GNCC -
March. 10th 12pm-1:00pm

**Greater North County Chamber Networking
Luncheon/** March 18th 11:00am-1:00pm

Olivette Chamber Networking Luncheon -
March 19th 11:30am-1:00pm

Olivette Women's Networking -March
20th 11:00am-1:00pm

Vet Connect Meeting – March 20th 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/foodass
istance](http://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

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

St. Louis Housing Authority
314-531-0184

**St. Louis County Housing
Authority**
314-428-320



Deer Valley
HOME HEALTH

WE'D LOVE YOUR FEEDBACK!

Share your experience working at Deer Valley Home Health by leaving a review on our Google page! Your positive feedback helps us grow and attract great new team members.

SCAN THE QR CODE! 

Please take a moment to leave a review by scanning this QR code with your phone's camera!



Leave us a Google review!



SCAN THE QR CODE!

Thank you for being an important part of the Deer Valley family! 

Women's History Month



Mary McLeod Bethune
 Coretta Scott King
 Jada Pickett Smith
 Eleanor Roosevelt
 Claudette Colvin
 Malala Yousafzai
 Susan B. Anthony
 Ella Fitzgerald
 Ellen DeGeneres
 Priyanka Chopra
 Sojourner Truth
 Sonia Sotomayor

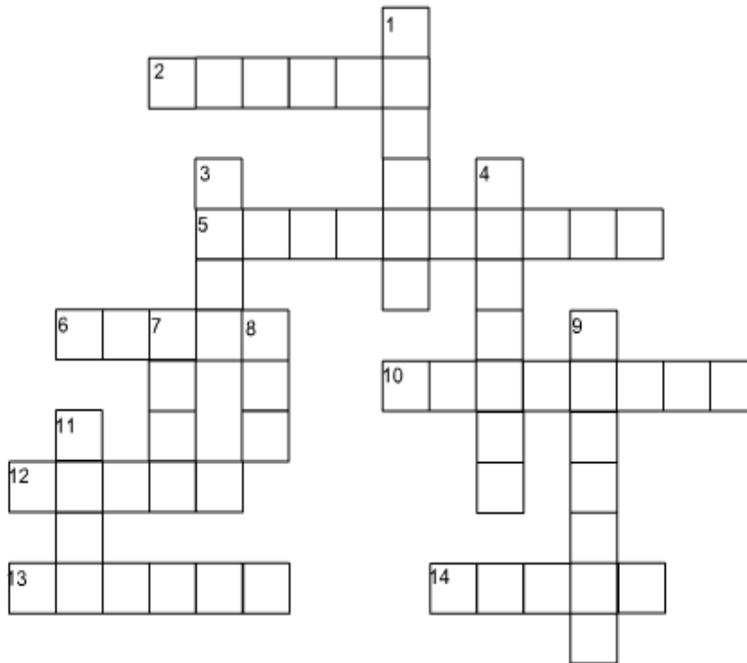
X A N Z J I D S A P R I Y A N K A C H O P R A D
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 A E W A G A C A S R W J S T K N Z U A W V B I A
 S O J O U R N E R T R U T H C A Y Z Y G F Y J R
 P W H E A F R N U A M L T X B N F I A P U B E E
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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

Amelia Earhart
 Bessie Coleman
 Billie Holiday
 Harriet Tubman
 Michelle Obama
 Lupita Nyong'o
 Oprah Winfrey
 Bessie Smith
 Grace Hopper
 Ida B. Wells
 Maya Angelou
 Ruby Bridges
 Frida Kahlo
 Hedy Lamarr
 Anne Frank
 Megan Good
 Rosa Parks
 Cleopatra
 ~



Saint Patrick's Day

Crossword Puzzle



Down:

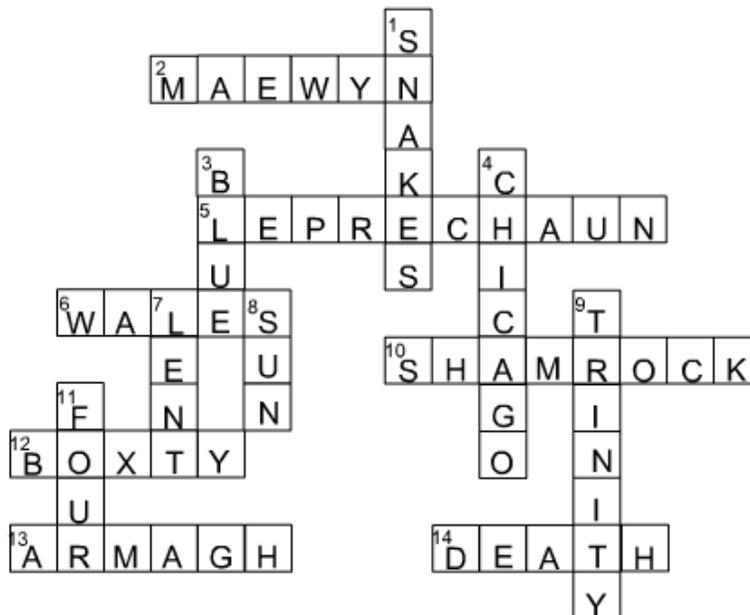
1. According to Irish lore Saint Patrick drove these out of Ireland
3. St. Patrick was initially associated with this color
4. This city dyes its river green every St. Patrick's Day
7. St. Patrick's Day occurs during this major Catholic holiday
8. The circle in the very center of the Celtic cross represents this celestial body
9. Saint Patrick used a three-leafed Shamrock to explain this religious concept.
11. Dublin hosts a huge festival on Saint Patrick's Day that lasts for _____ days

Across:

2. This was Saint Patrick's real name.
5. This is a small mischievous sprite as per the Irish folklore
6. Some believe that Saint Patrick was born in Scotland and others think that he was born in _____.
10. This is the national flower/emblem of Ireland.
12. This is what an Irish potato cake is called
13. St. Patrick was the first bishop of _____
14. Saint Patrick's Day commemorates the _____ of Saint Patrick.



Saint Patrick's Day Crossword Puzzle Answer Key



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MAKE A PLAN TO

VOTE

IN 2026

- Update your voter Registration
- Research the ballot content
- Choose a voting method
- Review your sample ballot
- Find a polling place
- Cast your VOTE!

Wear your newly designed “I Voted” sticker, Take your pic & post it on Deer Valley Facebook page

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, Paycor, or can be picked up at any of our locations.

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Or visit our websites: www.deervalleyhomehealth.com