

October 2026

Fall Edition

Volume 10

Deer Valley Home Health

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From the desk of Lady Ada Taylor, CEO

Greetings, Friends and Family,

ƒ all is here; the holidays are near. Libra and Scorpio will take over the zodiac sign; these are all friends of mine. Life is beautiful when we get to the end of the year, and say, "I made it!" The storms have been raging and the winds hollowing at 160 miles an hour, I must stay in the eye of the storm. Thank you for allowing me to lead you for the last 23 years. The journey has taken many twists and turns. Thank God, I landed on my feet.

International Coffee Day kicks off the month. I love coffee; I have been drinking it since the age of 2 years old. The leaves will soon turn to their natal color and put on a beautiful display of art. Now is a great time to cook your favorite recipe of chili, or a plant-based food. World Vegetarian Day is also on the 1st. We will turn our clocks back this month and the daylight will be shorter.

I had the opportunity to go to Washington, DC for the Congressional Black Caucus last month. I also got a chance to visit the African American History Museum. I was only there for a short while. You really need the whole day to see the many exhibits on display.

Please visit the website for The Millionaires' Club at <http://www.millionairesclubstl.org>. Go to our catalog and look at the many products we have for sale. We meet every 3rd Saturday of the month from 11:00 am to 12:00 noon. I will be teaching this semester from the study guide. Please continue to refer family and friends for services to Deer Valley Home Health.

Lady Ada, CEO





Breast Cancer Awareness Month

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

What is Cancer?

In a healthy body, natural systems control the creation, growth and death of cells. Cancer occurs when these systems don't work right.

When cells don't die at the normal rate, there's more cell growth than cell death. This excess growth can form a tumor.

What is breast cancer?

Breast cancer occurs when cells in the breast divide and grow without their normal control.

Tumors in the breast tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for as long as 10 years. Some tumors are aggressive and grow much faster.

About 70% to 80% of breast cancers begin in the milk ducts; about 10% to 15% begin in the lobules, and a few begin in other breast tissues.

The Male Breast

Boys and girls begin life with similar breast tissue. However, men don't have the same complex breast growth and development as women.

At puberty, high testosterone levels and low estrogen levels stop breast development in men.

Men have some milk ducts, but they remain undeveloped. Lobules are most often absent.

However, breast problems, including breast cancer, can occur in men.

Breast Cancer in Men

In the U.S., less than 1% of all breast cancer cases occur in men.

The risk of breast cancer is much lower in men than in women. The lifetime risk of getting breast cancer is about 1 in 1,000 for men in the U.S. compared to 1 in 8 for women in the U.S.

From 2019 to 2023 (most recent data available), the breast cancer incidence rate in men increased slightly (by less than 1% per year).

In 2026, it's estimated that among men in the U.S., there will be:

- 2,670 new cases of invasive breast cancer (including new cases of primary breast cancer, but not recurrences of original breast cancers)**
- 530 breast cancer deaths**

Rates of breast cancer incidence (new cases) and mortality (death) are much lower among men than among women.

Survival rates for men are about the same as for women with the same stage of breast cancer at the time of diagnosis.

However, men are often diagnosed at a later stage of breast cancer than women. One reason could be that men may be less likely than women to report signs and symptoms. This can lead to delays in diagnosis.

Black women:

- The median age of Black women diagnosed with breast cancer is 60 years old, compared to a median age of 62 for White women.
- Black women are 38% more likely to die from breast cancer than White women.
- Black women have the lowest survival rate for every known stage of breast cancer.
- 1 in 5 Black women with breast cancer are diagnosed with **triple-negative breast cancer**, which is harder to treat. This is higher than any other racial or ethnic group.

Diagnosis

Receiving an abnormal result from a screening mammogram or experiencing breast cancer symptoms can feel overwhelming, but it's important to remember that needing additional testing does not necessarily mean you have breast cancer. If your healthcare provider recommends further evaluation, a variety of diagnostic tests can help determine whether breast cancer is present and, if so, provide information needed to guide your next steps.

Diagnostic tests used to evaluate breast cancer may include a diagnostic mammogram, breast ultrasound, breast MRI, biopsy, and other tests, depending on your situation. Understanding each step can help you feel more informed and prepared throughout your breast-health journey.

How is Breast Cancer Diagnosed?

Breast cancer is diagnosed using one or more tests that help healthcare providers determine whether an abnormal finding is cancer. Depending on your situation, this may include a diagnostic mammogram, breast ultrasound, breast MRI, and biopsy. Not everyone will need every test, and your healthcare team will recommend the next steps based on your screening results and medical history.

Breast Cancer Screening

Breast cancer screening can help detect breast cancer early, often before it has spread or before symptoms develop. It can also help identify those who may need additional or more frequent testing for breast cancer. Breast cancer screening recommendations include breast self-exams, well-woman exams, and screening mammograms.

Diagnostic Mammogram

A diagnostic mammogram is often performed after a screening mammogram finds an abnormality that needs further investigation or if signs and symptoms of breast cancer are present. A diagnostic mammogram provides a more detailed x-ray of the breast than a screening mammogram and may focus more on specific areas of concern. It is used to further evaluate symptoms or abnormal areas of the breast to determine whether additional testing, such as a biopsy, may be needed. Diagnostic mammograms may sometimes be used for women who have breast implants.

Breast Ultrasound

A breast ultrasound, also called a breast sonogram, is a scan that uses sound waves to create a detailed image of the breast tissue. A breast ultrasound may be used if a suspicious area is detected in the breast during a breast self-exam or screening mammogram. It can help determine if a suspicious area is a benign cyst (a fluid-filled sac) or a solid mass that needs further investigation.

Breast MRI

A breast MRI is a diagnostic test used to assess the size and location of a suspicious area, such as a lump, in the breast tissue. MRI stands for magnetic resonance imaging. During a breast MRI, a powerful magnet and radio waves create detailed images of the breast tissue. These images help the medical team distinguish between normal and diseased tissue. A breast MRI may also be recommended for some women with dense breast tissue who have other risk factors or when additional evaluation is needed.

Breast Biopsy

Breast biopsy is a test that removes a small portion of tissue or fluid from a suspicious area in the breast. The specimen removed is then studied under a

microscope to check for the presence of cancer. A biopsy is the only diagnostic procedure that can definitively diagnose breast cancer. There are four types of biopsies: fine-needle aspiration, core-needle biopsy, surgical biopsy, and skin punch biopsy.

Stages

Once breast cancer has been diagnosed, the patient's care team will perform additional tests to determine the stage of the cancer. The stage of breast cancer indicates how advanced the cancer is based on the tumor size, whether the cancer has spread, the tumor grade (how the cells look under a microscope), and certain biomarkers found in the cancer cells.

Breast cancer stages range from Stage 0 (non-invasive breast cancer) through Stage 4 (metastatic breast cancer). In general, lower stages indicate that the cancer is small and has not spread, while higher stages indicate more advanced disease. Breast cancer staging is based on information from imaging studies, the clinical examination, and pathology results from a biopsy or surgery. Additional tests may also be used when needed.

What Stage is My Breast Cancer, and What Does it Mean?

A breast cancer stage describes the size and extent of the cancer, including whether it has spread beyond the breast. Your stage will be determined using several factors, including the size of the tumor, whether cancer has spread to lymph nodes or other areas of the body, and certain characteristics of the cancerous cells. This information will help your care team recommend the most appropriate treatment plan for you.

While the stage is an important part of your diagnosis, it is only one piece of the puzzle. Many people with breast cancer—at every stage—respond well to treatment, and advances in care continue to improve outcomes. If you've recently been diagnosed, talking with your healthcare team about what your specific stage means can help you better understand your diagnosis and your treatment options.

Stage 0 Breast Cancer

Stage 0 is the earliest stage of breast cancer. It is non-invasive, meaning abnormal cells have not spread beyond the milk ducts or lobules into surrounding breast tissue. Stage 0 breast cancer is highly treatable when detected early and has an excellent prognosis. Treatment for Stage 0 breast cancer may include surgery (lumpectomy or mastectomy), radiation, and hormonal therapy. Chemotherapy is not typically used to treat Stage 0 breast cancer.

Stage 1 (Stage 1A and 1B) Breast Cancer

Stage 1 breast cancer is the earliest stage of invasive breast cancer. In Stage 1, cancerous cells have spread beyond the original location in the breast into nearby tissue or a small number of nearby lymph nodes. There are two substages of Stage 1 breast cancer: Stage 1A and Stage 1B. The substage is determined by the size of the tumor and whether it has spread to the lymph nodes. Treatment for Stage 1 breast cancer may include surgery, radiation, chemotherapy, targeted therapy, and hormonal therapy.

Stage 2 (Stage 2A and 2B) Breast Cancer

Stage 2 breast cancer is considered relatively early-stage invasive breast cancer. In Stage 2, the cancer is larger than Stage 1 or has spread to a small number of nearby lymph nodes but has not spread to distant parts of the body. There are two substages of Stage 2 breast cancer: Stage 2A and Stage 2B. The substage is determined by the size of the tumor and whether the cancer has spread to nearby lymph nodes. Common treatments for Stage 2 breast cancer may include surgery, chemotherapy, radiation, targeted therapy, and hormonal therapy.

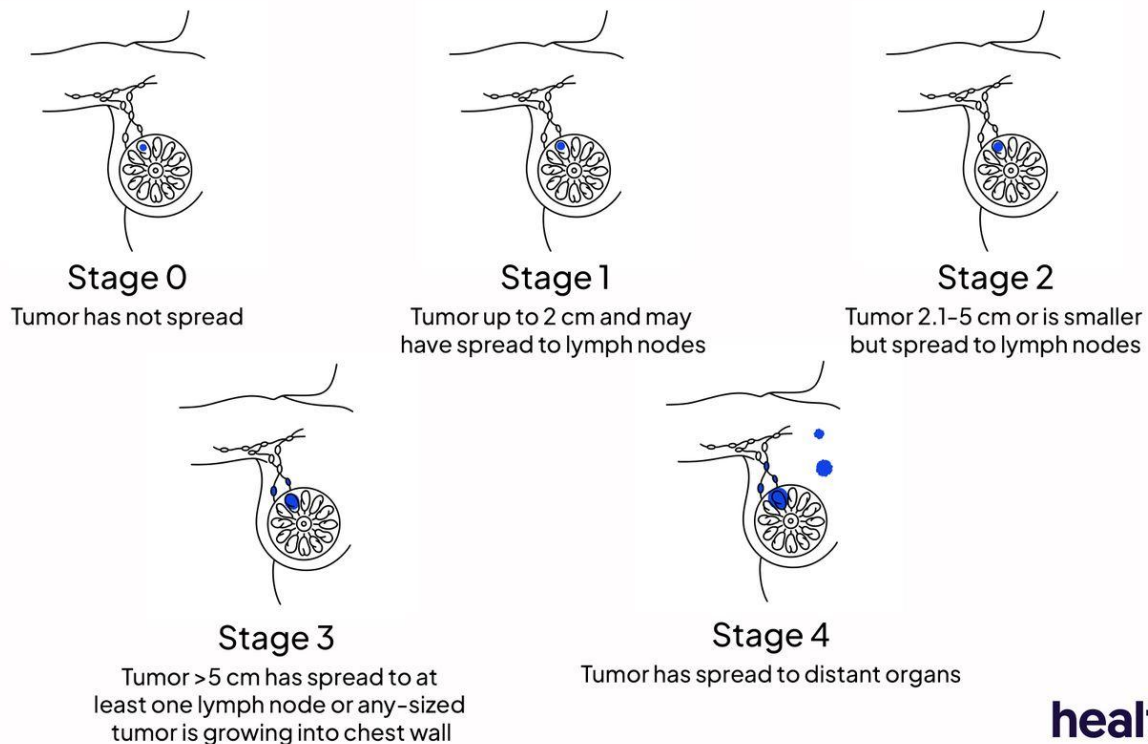
Stage 3 (Stage 3A, 3B, and 3C) Breast Cancer

Stage 3 breast cancer, also called locally advanced breast cancer, has spread beyond the breast to nearby lymph nodes, the chest wall, or the skin of the breast, but not too distant organs. Some people with Stage 3 breast cancer notice symptoms such as a breast lump, swelling, or changes to the skin or nipple, while others have few or no noticeable symptoms. Stage 3 breast cancer has three substages (Stage 3A, 3B, and 3C) determined by the size of the tumor and spread to the lymph nodes and surrounding tissue. Treatment options for Stage 3 breast cancer may include chemotherapy, surgery, radiation, targeted therapy, and hormonal therapy.

Stage 4 Breast Cancer

Stage 4 breast cancer, also called metastatic breast cancer, is advanced cancer that has spread (metastasized) from the breast to other areas of the body, typically the bones, lungs, liver, or brain. Even though Stage 4 breast cancer is found in other areas of the body, it is still considered breast cancer. Although Stage 4 breast cancer is not curable, it is usually treatable. Current advances in research and medical technology mean that many people are living longer, as advances in treatment help manage the disease as a chronic condition while maintaining quality of life. With care and support, Stage 4 breast cancer may respond to several treatment options.

Stages of Breast Cancer



October is Health Literacy Month

Health literacy improves health outcomes by helping people find, understand, and use health information, leading to clearer communication, better disease prevention, improved self-management, reduced medical errors, and greater health equity. It is a strong predictor of health status—sometimes stronger than income or education—and supports both personal decision-making and organizational responsibility in healthcare.

Key Benefits of Health Literacy

1. Better Health Outcomes

- Higher health literacy is linked to improved overall health and fewer complications.
- It helps people prevent health problems, protect their health, and manage conditions more effectively.

2. Clearer Communication with Providers

- Patients with strong health literacy ask better questions, understand instructions, and remember more of what providers explain.
- This reduces confusion and improves adherence to treatment plans.

3. Reduced Medical Errors

- Low health literacy contributes to medication mistakes and misinterpreting instructions.
- Improved literacy reduces these risks by helping patients understand dosing, timing, and safety information.

4. Improved Self-Management of Chronic Conditions

- People with higher literacy navigate complex self-care tasks more effectively, such as monitoring symptoms, interpreting lab results, and adjusting lifestyle behaviors.

5. Lower Healthcare Costs

- Better understanding leads to fewer unnecessary ER visits, hospitalizations, and missed appointments.
- This reduces financial strain on both individuals and healthcare systems.

6. Increased Confidence and Engagement

- Health-literate individuals feel more empowered to participate in decisions, compare treatment options, and advocate for themselves.

7. Greater Health Equity

- Organizational health literacy ensures systems communicate clearly and equitably, reducing disparities and building trust.
- This supports fair access to care and improves outcomes across populations.

8. Stronger Ability to Use Health Information

- Health literacy includes reading, numeracy, and critical thinking skills needed to interpret risks, benefits, and medical data.
- These skills help people make well-informed decisions.

Health literacy benefits individuals and communities by improving communication, decision-making, safety, equity, and overall health outcomes.

Seasonal Health & Fitness Tips for October

October's cooler weather and shorter days make it ideal for:

- **Outdoor activities:** Walking, leaf-peeping walks, outdoor yoga or Tai Chi, and pumpkin picking
- **Indoor fitness:** Chair yoga, stretching, low-impact aerobics, and group exercise classes
- **Nutrition:** Eat seasonal produce like pumpkins, apples, sweet potatoes, and squash; prepare heart-healthy soups and stews
- **Cold & flu prevention:** Get flu shots, practice good hygiene, and maintain a balanced diet
- **Allergy management:** Limit outdoor exposure on high-pollen days, use air purifiers, and keep indoor spaces clean



Debra Jones
Accounting/COO
Exceptional Service and Leadership

I am honored to nominate **Debra Jones**, for Exceptional Service, and for being a **Great Leader**.

Debra is always positive, supportive, and very knowledgeable, not only about the role she holds within the company, but about the company as a whole. If you have a question about billing, staffing, care plans, or just about how something works within the company, **Debra** is someone you can go to. She is always willing to help and share her knowledge with others.

I have had the opportunity to watch **Debra** work from the opening of the business until closing, and I have seen firsthand how dedicated she is. She works after hours and on weekends, always giving her time and energy to make sure things get done. And somehow, through it all, she continues to do it with a smile on her face.

What makes **Debra** such a great leader, though, goes beyond her knowledge and work ethic. She genuinely cares about the people around her. When members of the staff are going through health challenges, personal difficulties, or simply having a hard time, **Debra** is there. She listens, supports, encourages, and makes people feel like they are not alone. She leads with compassion and kindness. And, of course, **Debra** gives the best hugs!

Debra is the kind of leader who makes people feel valued, supported, and appreciated. She leads, by example, work incredibly hard, and brings positivity wherever she goes. Her dedication to the company and, most importantly, to the people she works with is truly admirable.

For all these reasons, I believe Debra is very deserving of recognition as a great leader.



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.





Brandy Hamilton	PCA
Sandra Smith Brown	PCA
Mariah Watson	DSP
Jessica Mosby	DSP
Neisha Summers	DSP
Saundra McCasters	DSP
Lakeisha Barnes	PCA
Sharron Washington	PCA

WELCOME TO THE DVHH TEAM!!

HAPPY BIRTHDAY

Michelle Ode 10.06
Jordan Howell 10.07
Cresleyonta Jones 10.09
Marilyn Shaw 10.11
Beatrice Welch 10.14
Danielle Moore 10.16
Francine Randle 10.17
Sheronica Lyles 10.17
LaToya Williams 10.19

Myriah Crusoe 10.19
Chylin Joiner 10.20
Christina Murray 10.21
Angela Ellerson 10.22
Debra Jones 10.24
Beunka Haynes 10.26
Andrea Sims 10.26
Akina Dunleavey 10.29





Caleb Grandberry	1 YEAR	Chylin Joiner	2 YEARS
Johnette Otey	1 YEAR	Aleeyah Allen	2 YEARS
Jordan Howell	1 YEAR	Brandi Kaufman	3 YEARS
Michelle Reed	1 YEAR	Veronica Shannon	3 YEARS
Keyanna Martin	1 YEAR	Reginald Burns	4 YEARS
David Staples	1 YEAR	Kimberly Williams	6 YEARS

Thank You for All You Do

Up Coming Events

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

Wellston Center every Friday 8am - 12pm

New Journey Baptist Food Pantry every Wednesday 12pm - 3pm

Chapel of Exceptional Food Pantry every Tuesday & Thursday 10am - 12pm

Senior Open Enrollment Medicaid & Medicare October 6th, 21st & 28th, 11am – 12:30pm

Women's Business Group October 16th, 11:30pm- 1:00pm

It's Just Networking 2 Oct. 1st, 8:30am – 10:00am

GNCC – Membership Luncheon October 21st, 11am- 1pm

VetNet Connect Meeting October 16th, 8:30am-10:00am

Emerson YMCA Senior Health Jam October 8th, 9am- 12pm

Bayer YMCA Senior Health Jam October 14th, 9am – 12pm

Health & Wellness Expo October 10th, 10am – 2pm

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/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

St. Louis Housing Authority
314-531-0184

St. Louis County Housing Authority
314-428-320

DVHH Community Resource Fair











Michael the Barber, dedicated his time and service for free haircuts to the Community Resource Fair. Michael was professional and is hardworking. Thank you Michael for your time and wonderful service.



DVHH Volunteers, thank you ladies for dedicating your time and energy to the Community Resource Fair. We greatly appreciate your willingness to serve reflects a beautiful humility that inspires everyone around you. Thank you for offering your time and strength without hesitation.

DSP WEEK



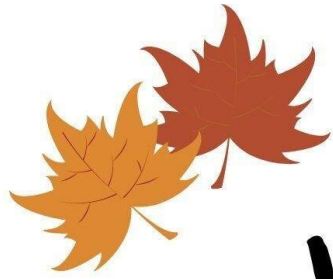
We Thank Everspring Pharmacy for Our Partnership Helping Celebrate DSP Week !!

DC BOOK SIGNING & BLACK CAUCUS TRIP



NETWORKING, NETWORKING AND MORE NETWORKING !!





Fall Word Search



FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

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

DEER VALLEY FALL FUN!

A little seasonal fun from Deer Valley Home Health Services

FALL WORD SCRAMBLE

Unscramble the fall-themed words.

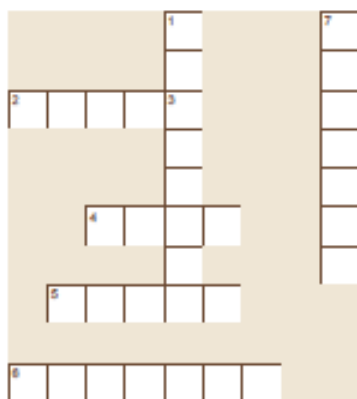
NPKMPIU _____ RSEWETA _____
 LVAEES _____ NCRAO _____
 PLEAP _____ MUTNAU _____
 VHRSAET _____ DICRE _____

THIS OR THAT: FALL EDITION

- | | | |
|-----------------|----|-----------------|
| ■ Pumpkin Patch | OR | ■ Apple Picking |
| ■ Hot Chocolate | OR | ■ Apple Cider |
| ■ Fall Festival | OR | ■ Football Game |
| ■ Apple Pie | OR | ■ Pumpkin Pie |
| ■ Bonfire | OR | ■ Cozy Night In |

FALL CROSSWORD PUZZLE

Use the clues to fill in the fall-themed words.



ACROSS

2. A crisp fruit picked in fall.
4. The season after summer.
5. A warm spiced apple drink.
6. Gathering crops in autumn.

DOWN

1. Another name for fall.
3. They change colors and drop.
7. Orange fall favorite for carving.

GRATITUDE CORNER

What are you thankful for this fall?

1. _____
2. _____
3. _____
4. _____
5. _____

FALL DOODLE & REFLECTION SPACE

Draw your favorite fall memory, decorate the pumpkin, or write a positive message for the season.



Compassionate Care Is What We Do!

Deer Valley Home Health Services • Fall Newsletter Activity Page