



TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

Reach

SPRING 2017 ISSUE

More joy
Bring
it on!

*Viva
vitality!*

Let your life
shine

ENHANCE YOUR LIFE

Fitness has no age limit

Embrace vitality

In this issue of *Reach*, we're happy to offer tips to help you rev up your vitality.

One of the best and more powerful ways can also be the most fun: moving your body. For inspiration, check out how some fun-loving folks are making the most of one of our special and free fitness programs in "Older, Bolder, Stronger," page 4.

We also encourage you to seek a more joyful heart. And we're here to help—with 10 ideas to boost your mood.

We'll invite you into the kitchen, where a Dignity Health–St. Rose Dominican nutrition expert dishes out 12 healthy tips and tricks to help you get cooking. You can follow our recipe to wrap up a sweet and nutritious breakfast and learn three easy ways to cut back on added sugars.

We also share vital information about signs of a heart attack and offer pointers that can help you prevent falls around the home.

So reach for your best life—and start this spring with more vitality!

Brian G. Brannman

Senior vice president of operations, Dignity Health Nevada



REACH is published as a community service for the friends and patrons of DIGNITY HEALTH–ST. ROSE DOMINICAN. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

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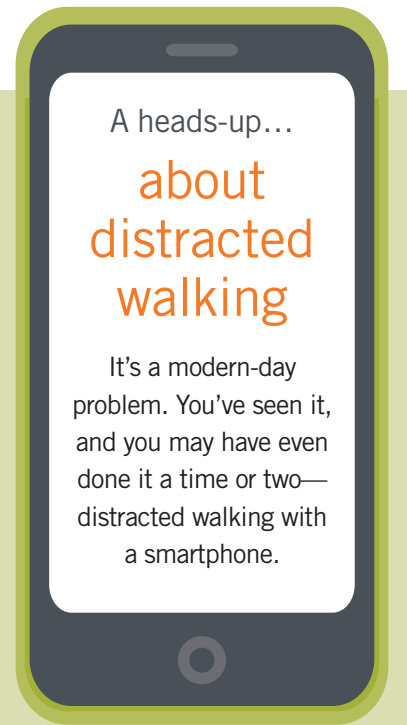
NEW ONLINE:
What's for dinner?
Terrific turkey meatloaf

What are the 5 phases of healthy sleep? Two of them are the most refreshing! Check them all out at **StRoseReach.org**.



EVEN MORE WAYS TO CONNECT

StRoseHospitals.org



A heads-up...
about distracted walking

It's a modern-day problem. You've seen it, and you may have even done it a time or two—distracted walking with a smartphone.

Talking on the phone.

Sending texts.

Listening to music.

The danger: falls, stumbles, collisions—and potentially serious injuries.

Phones down, heads up! Walk this way:

- **Keep your focus** on what's in front of and around you.
- **Stop walking**—and step aside to a safe place—to check your phone, text or take calls.
- **Skip the earbuds** or turn down the volume to hear what's going on around you.

Why I give

"I have been a cook, a busboy, and a dishwasher. I have been a janitor and worked as a furniture delivery man. I have been a professor, a teacher, and a scientist. But it will be 'doctor' that someone will someday carve on my headstone. I have spent the last 25 years training to be a doctor, being a doctor, and now working as Chief Physician Executive of Dignity Health–St. Rose Dominican.

I was lucky to have found a career that has given me so much—and luckier still to be supported by my family while I pursued my goals. I also recognize that I have enjoyed my career as a doctor for completely selfish reasons. Selfish because I learned long ago that the greatest joy in life is helping others. I count it as a privilege (and a pleasure) that I spent the first half of my career caring for critically ill and injured children, and during those years, I had the further honor of working with Children's Miracle Network, which was another way to give. Giving is the best way I have found to make myself happy."

—Robert Pretzlaff, MD



"It's my privilege and pleasure to give." Robert Pretzlaff, MD, pictured during a trip to the Grand Canyon

St. Rose Dominican Health Foundation
A Dignity Health Member

To give to the St. Rose Dominican Health Foundation, visit **SupportStRose.org** or call **702.616.5758**.

The Health Foundation is a nonprofit organization as provided under section 501(c)(3) and 509(a)(3) of the Internal Revenue Code. Contributions are tax deductible in accordance with state and federal regulations.

The **Barbara Greenspun WomensCare Centers of Excellence** have supported Dignity Health–St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost wellness, nutrition, fitness, and health classes and screenings are offered at our three convenient locations. For information, visit **StRoseHospitals.org**.

Older, bolder, stronger

[Fitness has no age limit]



Derrol and
Carol Bade



Flex your brainpower.

When it comes to strength training, can you tell fact from fiction? Check out our fun quiz at StRoseReach.org—take it yourself or test a friend's know-how.

Becoming or staying fit

as you age is definitely possible. Just ask Carol and Derrol Bade, regular participants in the free EnhanceFitness classes held at St. Rose Dominican's WomensCare/Outreach Centers.

EnhanceFitness is a program specifically designed for older adults of all fitness levels. What makes it different from your average gym workout? The one-hour classes are held in a relaxed, casual atmosphere. You won't find any uber-serious athletes—just older adults improving their lives through exercise. You can also expect to hear a lot of good cheer and laughter.

'It's really helped both of us'

Carol got involved about a year ago. She participates in the tai chi classes

offered at the Centers and heard about EnhanceFitness there. "I attended a few classes and enjoyed it so much that I persuaded my husband, Derrol, to come with me," she says. "Derrol has neuropathy in his legs, and we wanted to make sure his upper-body strength didn't deteriorate."

"The program is really well designed," Carol says. "It's helped both of us in ways we never imagined. I'm strong enough now that I can get Derrol's wheelchair in the car."

Derrol agrees that the program is worthwhile. "I enjoy the classes so much, we go three times a week now," he says with a smile. "It's made me stronger and really improved my balance."

∞ Forever young

Take an EnhanceFitness class to become more active, energized, and empowered. Turn to page 7 for class locations and meetings, or find them online at StRoseHospitals.org/classes.



Paige Misling,
EnhanceFitness
instructor

1-2-3: Be the best you can be

Paige Misling, a certified EnhanceFitness instructor, says the class combines three key fitness components:

- 1. Strength training.** Train with light weights.
- 2. Flexibility and balance.** Increase range of motion and help prevent falls.
- 3. Cardiovascular conditioning.** Gain improvements in walking and breathing.

"All of our instructors have been trained by an EnhanceFitness master trainer, and each exercise was developed by experts in the field of physical therapy," Paige says. "We provide individual attention and can demonstrate and make modifications to find an exercise level that is safe and the perfect fit for each person."

EnhanceFitness began as a program managed by Senior Services in Seattle, Washington, in collaboration with the University of Washington Health Promotion Research Center, supported by the Centers for Disease Control and Prevention cooperative. Pilot results, published in the *Journal of American Geriatrics Society*, showed the program significantly improved overall fitness and health.

Bring it on

10 ways to add more joy to your life

The poet Henry Wadsworth Longfellow once wrote, “Into each life some rain must fall.”

If your outlook sometimes feels more cloudy than sunny, it’s time to find some joy. And it’s easier than you might think.

“Being joyful has the power to help you bounce back from stressful events,” says Tawanda McIntosh, a health educator at St. Rose Dominican’s WomensCare/Outreach Centers. “Feeling joy can help you solve problems, think creatively, and even fend off diseases.”

Tawanda McIntosh



Yes, please! Tawanda suggests these 10 simple ways to help make your days brighter:

- 1. DO SOMETHING YOU LOVED AS A KID.** Sing silly songs, splash in puddles, or see how high you can swing.
- 2. LAUGH AT LIFE’S HASSLES.** No day is perfect. But there’s often something at least a little amusing in challenging situations if you look for it.
- 3. COLLECT SAYINGS OR PHOTOS THAT MAKE YOU SMILE.** Then stick them where they’re visible—on your refrigerator or at your desk—to look at when you need a pick-me-up.
- 4. PLAY A SONG YOU LOVE.** Imaging tests of brains show that music can release feel-good hormones. Even better ... dance like no one’s watching!
- 5. GO FOR IT.** Stop putting experiences you want to try on hold. Bake a pie from scratch, learn to crochet, or sign up for a yoga or an indoor climbing class—explore what intrigues you.
- 6. TAKE A NATURE BREAK.** Look up at the sky and see how blue it really is. Go on an early-morning walk and delight in the dew on the grass. Let nature’s beauty soothe you.

- 7. TAKE A MENTAL BREAK.** Close your eyes and imagine a place you love. Use all your senses. Are you drawn to the beach? Smell the salt water, feel the sun on your back, and hear the crashing waves.
- 8. SPREAD HAPPINESS.** When you get good news, don’t keep it to yourself—tell a friend. You’ll relive the moment and have the extra pleasure of your friend’s reaction.
- 9. SEEK OUT HAPPY PEOPLE.** Good moods are contagious.
- 10. DEVELOP YOUR PLAYFUL SIDE.** Joke with strangers in line, arrange nights out with friends, or have a regular game night with your family.

Create some joy.

Painting, meditating, and mindful journaling are a few ways to find inner peace. Join us—see the calendar on pages 8 and 9 or online at StRoseHospitals.org/classes.



For your HEALTH

CALENDAR OF CLASSES AND EVENTS • SPRING 2017

* For classes that require registration, you can now register online at StRoseHospitals.org/classes. Payment can also be made online for most classes (drop-in classes require payment on arrival). Or you can call **702.616.4900** to register 24/7.



Register online at StRoseHospitals.org/classes or call **702.616.4900**, unless otherwise noted.



Fitness

All fitness classes are drop-in only unless otherwise noted. Fees paid on arrival.

Dragon Boat Paddling

Individuals paddle for fun and fitness. Open to all paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub. Lake Las Vegas: \$10 per person

EnhanceFitness

Exercise group program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independence. **Mondays, Wednesdays, and Fridays, 9 to 10 a.m.** **Mondays and Wednesdays, 10 to 11 a.m. and 3:45 to 4:45 p.m.** **Tuesdays and Thursdays, 8 to 9 a.m.** **GV** FREE **Mondays, Wednesdays, and Fridays, 8 to 9 a.m.** City of Henderson Heritage Park Senior Facility, 300 S. Racetrack Road: FREE **Mondays, Wednesdays, and Fridays, 1 to 2 p.m.** **WEST** FREE

Walking Clubs

For all ages and fitness levels. Strollers welcome. Call **702.616.4902** for seasonal meeting locations. **Mondays and Wednesdays, 8:30 to 9:30 a.m.**

Fitness Testing

Are you fit for your age? If you are 60 or above, see how to remain mobile until 90 and beyond! **Wednesday, April 19, 10 to 11 a.m.** **GV** **Wednesday, May 24, 2 to 3 p.m.** **WEST**

Zumba Gold

Show aging “who’s boss” with low-impact dance for the young at heart. **Wednesdays, 11 a.m. to noon** **GV** \$5 per session or five sessions for \$20

Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga, and movements that target aging zones. **Tuesdays and Thursdays, 9 to 10 a.m.** **GV** \$5 per session or five sessions for \$20

Rose Regatta Dragon Boat Festival

For more information and to register for the ninth annual Rose Regatta, visit roseregatta.org or call **702.492.8557**.

Saturday, Oct. 14, 7 a.m. to 4 p.m. Lake Las Vegas

Gentle Yoga

Gain flexibility and balance through gentle yoga movements. **Tuesdays and Thursdays, 10 to 11 a.m.** **Fridays, 8 to 9 a.m.** **GV** \$5 per session or five sessions for \$20 **Mondays, Wednesdays, and Fridays, 9 to 10 a.m.** **WEST** \$5 per session or five sessions for \$20

Yoga for Beginners (all levels)

Learn alignment and foundational concepts to deepen your yoga practice. **Mondays, 5:30 to 6:30 p.m.** **GV** \$5 per session or five sessions for \$20

Take It Easy Yoga

Pre-beginner class with assistance of a chair. No floor work involved. **Mondays, 11:30 a.m. to 12:30 p.m.** **GV** \$5 per session or five sessions for \$20

Mixed-Level Yoga

Requires experience beyond basic beginner. Bring a block and strap, if possible. **Tuesdays, 3 to 4 p.m.** **GV** \$5 per session or five sessions for \$20

Vinyasa Flow Yoga: Beyond the Basics

Follow your breath and move through postures to build strength, balance, and flexibility. **Tuesdays, 6 to 7 p.m.** **Fridays, 10:20 to 11:20 a.m.**

Saturdays, 9 to 10 a.m.

WEST \$5 per session or five sessions for \$20

Tai Chi

Learn graceful Chinese martial arts moves to improve balance and relaxation. **Introduction to Tai Chi: Wednesdays, 2:30 to 3:30 p.m.** **GV** FREE **Intermediate: Wednesdays, 1:30 to 2:30 p.m.** **Advanced: Wednesdays, 2:30 to 3:30 p.m.** **GV** \$3 per session or 10 sessions for \$20

Zumba Fitness

Mondays and Thursdays, 6 to 7 p.m. and 7:15 to 8:15 p.m. **WEST** \$5 per session, five sessions for \$20, or 10 sessions for \$30

Flex Fusion

Therapeutic stretching for floor or chair exercise. **Thursdays, 3 to 4 p.m.** **WEST** FREE

Belly Dancing

Saturdays, April 8, May 13, June 10, 10:30 a.m. to noon **WEST** FREE

To find a St. Rose doctor, call **702.616.4900**.



For your HEALTH

CALENDAR OF CLASSES AND EVENTS • SPRING 2017



Register online at StRoseHospitals.org/classes or call 702.616.4900, unless otherwise noted.

Uninsured? Make an appointment with one of our exchange enrollment facilitators. Call 702.616.4904.



Nutrition

Lose Weight with Hypnosis
Wear comfortable clothes and bring your pillow.
Wednesday, May 17, 6 to 8 p.m.
WEST \$25 (includes CD)
Tuesday, June 27, 6 to 8 p.m.
GV \$25 (includes CD)

Nutrition Consultations
Meet with a registered dietitian. All insurances welcome and cash discounts available. Call 702.616.4975.

Wellness

Healthier Living
This six-week chronic disease self-management program teaches techniques to deal with frustration, fatigue, pain, and isolation. Also get exercise strategies, healthy eating tips, and more!
Monday, April 10, May 8, or June 12, 9 a.m. to 1 p.m.
Wednesday, April 26, May 24, or June 28, 1 to 5 p.m.
GV
Tuesday, April 25, May 23, or June 27, 1 to 5 p.m.
HEND
Medicare ABCDs
Decipher the Medicare maze and maximize your benefits.
Tuesday, May 9, 9 to 10 a.m.
GV FREE
Balancing Energy Fields
Release the past and embrace the future through EFT, sound therapy, and meditation.
Wednesdays, April 12, May 10, June 14, 6 to 8 p.m.
WEST \$5

Energy Healing Circle
Reduce stress and heal with chakra balancing.
Wednesdays, April 5, May 3, June 7, 7 to 8 p.m.
WEST FREE

AARP Smart Driver Program
Reduce your car insurance rates; \$15 members, \$20 nonmembers (checks only, made out to AARP).
Monday, April 10, May 8, or June 12, 9 a.m. to 1 p.m.
Wednesday, April 26, May 24, or June 28, 1 to 5 p.m.
GV
Tuesday, April 25, May 23, or June 27, 1 to 5 p.m.
HEND

Medicare ABCDs
Decipher the Medicare maze and maximize your benefits.
Tuesday, May 9, 9 to 10 a.m.
GV FREE

Balancing Energy Fields
Release the past and embrace the future through EFT, sound therapy, and meditation.
Wednesdays, April 12, May 10, June 14, 6 to 8 p.m.
WEST \$5

Wednesdays, April 12, May 10, June 14, 6 to 8 p.m.
WEST \$5

Make a Difference: Volunteer as a Senior Peer Counselor

Attend this free training program provided by St. Rose Dominican to learn how to give confidential, personal, and supportive counseling to people facing the challenges and concerns of growing older.
Training sessions: **Tuesdays and Thursdays, June 6 through Aug. 3, from 10 a.m. to 1 p.m.**
Please call 702.616.4902 to apply and learn more.
SAN FREE

Relaxation Meditation
Practice techniques that promote peace and health.
Tuesdays, April 11, May 9, June 13, 5:30 to 6:30 p.m.
GV FREE

Wednesdays, April 5, May 3, June 7, 5:45 to 6:45 p.m.
WEST FREE

The Mind Spa: Creative Journaling
Be a happier, healthier, calmer you with creative journaling and guided meditation.
Tuesdays, 1:30 to 2:30 p.m.
GV FREE

Communication Through Sign Language
Learn basic signs to increase communication in this three-week workshop for adults.
Fridays, May 5, 12, 19, 3:30 to 5 p.m.
GV FREE
Fridays, June 16, 23, 30, 3:30 to 5 p.m.
WEST FREE

Tea and Talk Book Club
Call 702.616.4900 for monthly book titles.
Thursdays, April 20, May 18, June 15, 2:30 to 3:30 p.m.
GV FREE

Knit to Heal Prayer Shawls
Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Learn to knit or crochet. Yarn donations also appreciated!
Thursdays, April 13 and 27, May 11 and 25, June 8 and 22, 10 a.m. to noon
GV FREE
Thursdays, April 13 and 27, May 11 and 25, June 8 and 22, 11:30 a.m. to 1:30 p.m.
WEST FREE

Dinner with a Doc

Is That Really Falling?

Join Jocelyn Ivie, MD, board-certified obstetrics and gynecology physician, to learn about pelvic organ prolapse and its treatment options.

Tuesday, May 23, 6 to 7 p.m.
SAN FREE

Self-Hypnosis for Positive Thinking

Learn to harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.

Thursday, May 25, 6 to 8 p.m.
GV \$25 (includes CD)
Wednesday, June 28, 6 to 8 p.m.
WEST \$25 (includes CD)

Help Helping Hands!

Wanted: Volunteers to drive Henderson seniors for doctor's appointments, errands, and grocery shopping. Call 702.616.6554.

Diabetes Management

What Is Prediabetes?

How to avoid or delay diabetes.

Tuesday, April 25, 10 a.m. to noon
Friday, May 26, 2:30 to 4:30 p.m.
Thursday, June 15, 5:30 to 7:30 p.m.
GV FREE

National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call 702.616.4914 to enroll in this 12-month program.

Thursdays, starting April 27, 6 to 7 p.m.
GV \$40 to enroll; \$10 per session

DATE (Diabetes Awareness Treatment and Education)

Individual visits available with an option for additional visits done individually or in group classes. Flexibility in scheduling. Group classes are three-day classes:

Tuesdays, April 4, 11, 18, 9 a.m. to noon
Tuesdays, June 6, 13, 20, 9 a.m. to noon
GV



Relax and Paint

Join us for an evening of calming creativity as we paint.

Wednesday, May 31, 6 to 9 p.m.

GV \$5. Registration required; prepay materials fee.



LOCATION KEY

COND Siena Campus—Conference Room D, Henderson
3001 St. Rose Parkway

GV WomensCare/Outreach Center
Green Valley
2651 Paseo Verde Parkway, Suite 180

HEND WomensCare/Outreach/FTF Center
Rose de Lima Campus, Henderson
98 E. Lake Mead Parkway, Suite 301

MAC Siena Campus—MacDonald Room
Henderson
3001 St. Rose Parkway

RAN Rose de Lima Campus—Annex
Henderson
102 E. Lake Mead Parkway

RDL Rose de Lima Campus, Henderson
102 E. Lake Mead Parkway

SAN San Martín Campus, Las Vegas
8280 W. Warm Springs Road

WEST WomensCare/Outreach Center,
Las Vegas
7220 S. Cimarron Road, Suite 195

✦ Take a deeper look! We have even more classes at StRoseHospitals.org/classes.

More

For your HEALTH

CALENDAR OF CLASSES AND EVENTS • SPRING 2017



Register online at StRoseHospitals.org/classes or call 702.616.4900, unless otherwise noted.

Stanford Diabetes Self-Management Program

Regain control of your life with this six-week program, which offers support, healthy eating tips, medication management, and communication know-how. Complements your current medical treatment.

Wednesdays, May 3 to June 7, 9 to 11:30 a.m.

Tuesdays, May 23 to June 27, 10 a.m. to 12:30 p.m.

Stanford Plus

Are you a Medicare beneficiary? This education program can help you manage your diabetes! A clinical champion will help you set goals. Available in English and Spanish. Call 702.616.4975 for more information.

Kidney Smart

One in 10 U.S. adults has kidney disease. Learn how your kidneys function and how to manage your diet and health.

Thursday, April 27, 10 to 11:30 a.m.

Thursday, May 25, 10 to 11:30 a.m.

Thursday, June 22, 6 to 7:30 p.m.

GV FREE

Heart and Stroke Programs

NEW! Eat Your Heart Out: 5 Easy Steps to Boost Heart Health

Learn to eat for a healthy heart. Manage hypertension, high cholesterol, and high triglycerides through nutrition. A dietitian-led and hands-on approach makes this an interactive class with personalized strategies.

Friday, April 28, 3 to 4:30 p.m.

Wednesday, May 10, 3 to 4:30 p.m.

Wednesday, June 21, 5 to 6:30 p.m.

Wednesday, April 26, May 24, or June 28, 5 to 9 p.m.

Heartsaver CPR/AED
Learn adult, child, and infant CPR, AED, and choking first aid. Two-year American Heart Association certification for non-health care providers.
Wednesday, April 26, May 24, or June 28, 5 to 9 p.m.
GV \$30 (includes AHA certification card)

LOCATION KEY
(See full key and map on page 8.)

Smoke-Free Freedom from Smoking

Kick the habit with this six- or seven-week American Lung Association program.

Tuesdays, April 18 to May 30, 5:30 to 7:30 p.m.

Stop Smoking with Hypnosis
Wear comfortable clothes and bring your pillow.

Thursday, April 27, 6 to 8 p.m.

GV \$25 (includes CD)

Cancer Screenings and Survivorship

Cancer Thriving and Surviving
Are you a patient in treatment or a cancer survivor? This six-week Stanford program enhances regular treatment.

Mondays, April 3 to May 8, 1 to 3:30 p.m.

GV FREE



Stepping On: Fall Prevention Program

Did you know that 1 out of 3 people age 65 and older falls each year? Learn to prevent serious injuries, like hip fractures, in this seven-week class.

Wednesdays, July 12 to Aug. 23, 3 to 5 p.m.

WEST FREE

FIT Colon Test

Are you age 50 or older? Take home a colorectal cancer FIT (fecal immunochemical test) screening kit, return your sample to a WomensCare Center, and receive results by mail.

GV WEST \$15

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the Mammovan if you are 50 or older at 877.581.6266.

Funded by Susan G. Komen for the Cure.

Screenings

Peripheral Arterial Disease

Do you have symptoms of PAD? Get screened.

Thursday, May 18, 8 a.m. to noon

GV FREE. Appointment required.

Do You See What I See?

Get a free eye screening, prescription check, and education about glaucoma and other eye ailments.

Wednesday, May 10, 10 a.m. to noon

GV FREE. Appointment required.

Thursday, June 15, 10 a.m. to noon

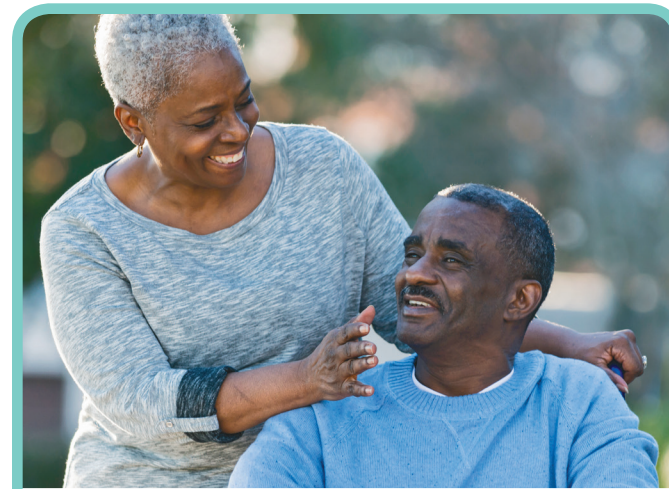
WEST FREE. Appointment required.

Mammograms on the Mammovan

Early detection of breast cancer saves lives! The Mammovan accepts insured and uninsured patients. Call 877.581.6266 to schedule an appointment.

Tuesday, April 18, 8 a.m. to 3:30 p.m.

GV



Powerful Tools for Caregivers

Caring for a loved one? This six-week workshop will help you develop self-care tools to become a better caregiver and a happier, wiser, healthier you!

Thursdays, April 20 to May 25, 2 to 4:30 p.m.

GV FREE

Health Screenings/Lab Screenings for Diabetes

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, A1C (diabetes) \$10, thyroid panel (TSH and FT4) \$10. A 12-hour fast is required.

Thursday, May 11, 7 to 10 a.m.

GV See prices above. Appointment needed.

Thursday, June 15, 7 to 10 a.m.

WEST See prices above. Appointment needed.

Metabolic Testing

GV \$45; call 702.616.4975 for an appointment.

To find a St. Rose doctor, call 702.616.4900.

* For a complete listing of classes and events, visit StRoseHospitals.org/classes.



Support Groups

- AA Co-Ed
MAC Thursdays, 7 p.m.
- AA for Women
GV Mondays, 7:30 p.m., and Wednesdays, noon
- ALS Support
- Alzheimer's Support
- Arthritis Support (**New!**)
- Bereavement Support
- Better Breathers COPD
- Breast Cancer Support
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
- Divorce Support
- Gamblers Anonymous
- Leukemia and Lymphoma Support (**New!**)
- Multiple Sclerosis Support
- Narcotics Anonymous
- Prostate Support
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: 800.273.8255
- Surviving Suicide: bereavement support for adults
- Transitions for Aging
- Widows Support



12 COOKING TIPS & TRICKS



Get ready to raise a whisk to better health and vitality.

Before you hit the grocery store or the drive-thru, check out these cooking tips and tricks from Sharon Nasser, Director of Nutrition Services at Dignity Health—St. Rose Dominican’s San Martín Campus. “Each one is a no-fuss way to help you and your family eat better—without sacrificing taste,” says Sharon. “Together, they can help fuel your days with nourishing foods—and offer protection from serious health conditions, including heart disease, cancer, and diabetes.”



Sharon Nasser



1 Go for fiber-filled flour.

In dough and batter, substitute fiber-rich whole-wheat flour for half of the refined white flour. Give oat flour a try, too—you can even make your own. Just whirl dry oatmeal in a blender. Then replace up to a third of the white flour in recipes with the oat flour.

2 Let garlic sit a spell.

After crushing or chopping raw garlic, let it sit for 10 or 15 minutes, rather than tossing it into a hot pan right away. The extra time triggers an enzyme reaction that boosts the production of allicin, a powerful, health-promoting plant chemical.



Give it a try soon! How about some pasta shells with garlicky kale? Find the recipe at StRoseReach.org.

3 Scale back on sugar.

Typically, you can reduce the sugar in any recipe by a quarter, and you won’t taste the difference. Or you can switch out sugar for an equal amount of unsweetened applesauce. You can also sweeten recipes with vanilla or peppermint extracts or spices, such as cinnamon or allspice.

4 Satisfy a sweet tooth with fruity delights.

Serve baked apples or pears for dessert. Or grill bananas, pineapple slices, or peach halves until the fruit is hot and slightly golden. Another sweet trick: Puree apples, berries, peaches, or pears in a blender to make a nutrient-rich sauce for whole-grain pancakes or waffles, frozen yogurt, or even toast. See page 16 for a quick and fruity treat and more sugar-cutting advice.



5 Make over quickbreads and muffins.

Cut back on calories and saturated fat by substituting three ripe, well-mashed bananas for ½ cup butter, lard, shortening, or oil in a recipe. Or try this swap: Replace 1 cup of any of these fats with 1 cup of applesauce.

6 Keep cookouts lean.

Pleasant a crowd with turkey burgers. Make them from ground turkey breast (it can be as lean as 99 percent fat-free) seasoned with cilantro, shallots, or chili sauce. For variety, serve marinated and grilled portobello mushrooms. They’re beefy—without the meat!

7 Try something grate.

Sneak more produce into your family’s diet by adding grated or chopped fruits or veggies to your favorite foods. A few ideas: Try shredded carrots in muffins or meatloaf, grated apples in pancakes, or grated or chopped zucchini or spinach in lasagna and other pasta dishes.

8 Keep fish heart-healthy.

Fish such as salmon, albacore tuna, and lake trout are rich in omega-3 fatty acids, which help reduce heart disease risk. But rather than smother fish in a creamy sauce, bake it with a splash of reduced-fat salad dressing, tomatoes, and fresh herbs. Likewise, instead of deep-frying fish, oven-fry it. Dip it first in egg whites, then coat it in breadcrumbs and bake.



9 Create a rainbow.

Choose produce of different hues to increase the variety of nutrients, minerals, and phytochemicals—disease-fighting plant chemicals—in your diet. Tuck spinach leaves and sliced red pepper and avocado into sandwiches. Add sliced beets, dried cranberries, orange segments, or sweet peas to salads. And top pizzas with colorful veggies.



10 Save the skin.

Scrub—rather than peel—edible skin on produce such as carrots, potatoes, and pears. It’s a rich source of vitamins, minerals, and fiber. Consider: A medium baked potato with the skin on has twice the fiber of one without it—about 5 grams compared to 2.5.



Healthy shopping on a budget.

Pick up quick tips for savvy grocery shoppers. From what to buy to what to skip, get the goods at StRoseReach.org. Look under “Health Tools.”

11 Fool your eyes.

Puree cooked orange veggies, such as carrots, sweet potatoes, and butternut squash. Then add them to cheesy dishes, such as mac and cheese, lasagna, and baked enchiladas. Since cheeses and the pureed veggies blend well, you can use less cheese, which tends to be high in saturated fat and sodium.

12 Save good-for-you nutrients.

Some minerals and vitamins dissolve in cooking water. So steam vegetables in a microwave or vegetable steamer. That way, veggies and cooking liquids usually stay separate. And resist the urge to rinse rice before cooking—that can wash nutrients straight down the drain.



Eat Your Heart Out: 5 Easy Steps to Boost Heart Health. Find out about our new class on page 10.

Knowledge is power

Learn to spot heart attack symptoms—you could have one or more

Shoulders or arms: pain or discomfort in one or both

Chest: pain or discomfort

Lungs: shortness of breath; coughing

Body: breaking out in a cold sweat; fatigue or weakness



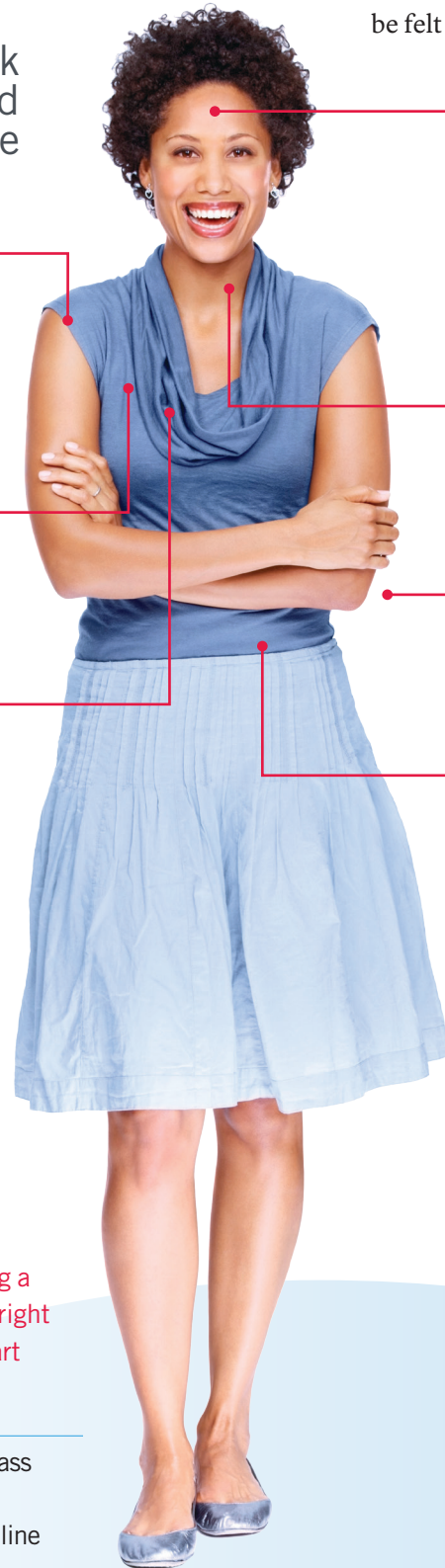
Make the call. If you think you're having a heart attack or witnessing one, call 911 right away. Quick treatment can help save heart tissue and lives.

Be a lifesaver. Our Heartsaver CPR/AED class will teach you how to respond to medical emergencies. Get details on page 10 or online at StRoseHospitals.org/classes.

This is vital info: “Chest pain or discomfort is the most common symptom of a heart attack,” says Zia Khan, MD, board-certified interventional cardiologist. “But symptoms can be felt in many areas of the body.”



Zia Khan, MD



Head: dizziness; light-headedness

Neck or jaw: pain or discomfort

Back: pain or discomfort

Stomach: pain or discomfort; nausea; vomiting

 **Cool tool!**
Use our handy HeartAware online assessment to learn more about your risk of heart disease. It's free—and it only takes about 7 minutes to complete. Find it at StRoseReach.org.

Sources: American Heart Association; National Institutes of Health

Steady as you go...

Great tips to help prevent falls

It's pretty common to see a toddler take a tumble, get up, and go—no worse for wear. But as we get older, falls become a more serious health risk.

To help prevent falls, Dena Berezin, MSOTR/L—a registered, licensed occupational therapist and St. Rose Dominican's fall prevention program instructor—shares some ideas on reducing hazards and maintaining your strength, balance, and vision.

Around the home

- Always wear nonslip and stable shoes—not slippers—both inside and outside.
- Keep clutter to a minimum.
- Arrange furniture so there's a clear walkway. Keep objects off the floor and electrical cords next to the wall so you won't trip over them.
- Remove throw rugs or small area rugs.
- On the stairs, fix loose or uneven steps. Install sturdy handrails on both sides of the stairway, and keep it clutter-free. Make sure there's plenty of light on inside and outside steps.
- In the bathroom, use a nonslip mat on the tub or shower floor. Install grab bars next to the tub and toilet. If you're prone to falling, use a shower chair.
- Keep a flashlight next to your bed or have night lights that provide clear vision to your restroom.

More you can do

- Get up slowly after sitting or lying down.
- Use a cane or walker if you're unsteady.



Stepping On: Fall Prevention Program

Learn to protect yourself in this free seven-week class. See page 10 for class information.

- Exercise regularly to improve strength, coordination, and balance.



Dena Berezin, MSOTR/L

- Have your vision checked at least once a year, and update your eyeglasses when needed.
- See your doctor if you're having trouble with balance or dizziness. Your prescription and over-the-counter medications should be reviewed during your appointment as side effects could include dizziness or sleepiness, which contribute to falls.
- Keep a cellphone or medical alert device with you so you can always get help.



3 fast facts on falls

- Falls are the leading injury-related reason for emergency room visits.
- Each year, falls cause almost as many deaths as vehicle-related crashes.
- Falls are the most common cause of hip fractures and traumatic brain injuries.

Sources: American College of Emergency Physicians; Centers for Disease Control and Prevention

From your friends at
Dignity Health—St. Rose Dominican

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Baked eggs in a nest

These little nest eggs are both easy and elegant. Go to StRoseReach.org to find the recipe.



Breakfast fruit wrap

Makes 1 serving.

Ingredients

- 2 teaspoons fruit-only strawberry preserves
- 1 tortilla, preferably whole-wheat
- 2 tablespoons reduced-fat ricotta cheese
- 1/3 to 1/2 cup sliced fresh strawberries
- 2 tablespoons sliced almonds, toasted

Directions

- On a surface, spread preserves on tortilla. Top with ricotta cheese,

then top with sliced fruit, and sprinkle with almonds.

- Starting from one end, roll tightly. Wrap in foil for neater eating.

Variation: Spread tortilla with apricot preserves and use sliced fresh or canned, well-drained peaches.

Nutrition information

Serving size: 1 wrap. Amount per serving: 231 calories, 9g fat (2g saturated fat), 34g carbohydrates, 9g protein, 4g dietary fiber, 213mg sodium.

Source: American Institute for Cancer Research

3 ways to cut back on added sugars



1. Choose naturally sweet fruits for desserts or snacks.



2. Shop for foods with less or no added sugar. For instance, choose plain (instead of flavored) yogurt and add your favorite fruit. Try unsweetened applesauce and fruit canned in water or natural juices rather than heavy syrup.



3. Swap your usual sweetened soda, punch, or energy drink for water flavored with sliced, fresh fruit.

