

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

Reach

SUMMER 2017 ISSUE

The *Kindness* ♥ issue

A KINDER PACEMAKER

Tiny device gets the job done
for a better quality of life

WE ALL NEED TLC

Ideas for treating yourself more kindly

70

YEARS

Rose de Lima's
legacy of
healing and
humankindness

Making our world a kinder place

Sometimes, a caring word or deed is all it takes to make someone's day. In this issue of *Reach*, we're nurturing that positive connection by getting to the heart of *humankindness*.

We at Dignity Health–St. Rose Dominican believe that, through *humankindness*, we can help improve the quality of life for those in our communities. In Henderson, that philosophy took root with the Adrian Dominican Sisters' purchase of a hospital that became our Rose de Lima Campus. Starting on page 4, take a look at how it all began—and how far we've come.

On page 12, we share ways to care for yourself with compassion and reduce stress in "Be Kind to Yourself." And we have good news about a less-invasive heart implant in "Hearts in Good Hands," page 14.

To help the summer heat be kinder, we offer tips for staying safe—and ideas for tasty twists on water to help you stay hydrated too.

Sprinkled throughout these pages, you'll find inspiration for kind deeds to add cheer and comfort to the lives of others and your own. Start today to spread *humankindness* in your world.

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.

Physicians listed, pictured, or interviewed are licensed by the Nevada State Board of Medical Examiners (MDs), the Nevada State Board of Osteopathic Medicine (DOs), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health–St. Rose Dominican unless specifically noted.

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Reach magazine



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Reach online | StRoseReach.org



10 surprisingly salty foods. Together, they supply 44 percent of all the sodium we eat. See the list at **StRoseReach.org**.

Are bigger sunglasses better? Get the answer in our fun quiz about summer's No. 1 accessory.

EVEN MORE WAYS TO CONNECT

StRoseHospitals.org



ROSE REGATTA DRAGON BOAT RACE & FESTIVAL

Paddling with a purpose

Dragon boat races support a wonderful and worthy cause

This highly anticipated annual event raises funds for St. Rose Dominican's R.E.D. Rose program, which provides free clinical breast exams, surgical consultations, mammograms, ultrasounds, and biopsies to women and men age 49 and younger who lack adequate health care coverage or the financial means to obtain them.



Saturday, October 14
Lake Las Vegas

Mark your calendar for this year's festivities. It's fun for the whole family!

TEAMS:
REGISTER NOW
at roseregatta.org.

Healthy competition in 2016

62 local and out-of-state teams competed.

Dragon boat racers raised
\$112,000
for R.E.D. Rose.

See it, say it.
Compliment people on little things you notice about them.



Give it your all!

Would you love to experience the thrill of racing for a great cause? It's easy—you can:

- Form a dragon boat team of your own.
- Join a community team of other solo paddlers.

More ways to give. You can also support a team with a

donation or sponsor a team as a business or individual.

Your entry fee includes a complimentary practice session with a coach. And you can buy more practices—those fees also support R.E.D. Rose.

For more information on the Rose Regatta, please call 702.492.8557.



CELEBRATING OUR
ENDURING LEGACY

Caring, growing, thriving

Dignity Health—

**St. Rose Dominican's
Rose de Lima Campus
is celebrating 70 years
of providing high-
quality health care
to the Henderson
community. The
hospital is both
enduring and
evolving.**

1942

Basic Magnesium Hospital is founded in Henderson by the U.S. government to provide health care to the area's industrial workers and their families during World War II.

1947

The hospital is sold to the Sisters for \$1 per year—with the stipulation that they will assume the debt and operate the hospital for 25 years.



KNOWN AS DOMINICANS. The Adrian Dominican Sisters belong to the worldwide Order of Preachers (OP) founded by St. Dominic in 1216.

1945 to 1946

The war ends, and the government puts the hospital up for sale. The Adrian Dominican Sisters agree with Bishop Thomas K. Gorman that the Order should purchase and manage the hospital.

1947

Seven Adrian Dominican Sisters travel across the country from their motherhouse in southern Michigan to Henderson.

The Sisters make a commitment to southern Nevada and purchase Basic Magnesium Hospital, renaming it Rose de Lima Hospital.



1960

A new three-story patient wing, emergency room, surgical suites, and obstetrics unit are opened.



1988

St. Rose de Lima joins forces with Catholic Healthcare West, the largest Catholic health care organization in the western U.S.



1998

Ground is broken for the Siena Campus, so the hospital is renamed St. Rose Dominican Hospital–Rose de Lima Campus. Two surgery suites and 20 beds are added to the facility.

1955

1st

Rose de Lima is the first hospital in southern Nevada to be accredited by The Joint Commission on Accreditation of Hospitals.



1956

The hospital is the first medical facility in the area to obtain a radioscope laboratory and the first fully-accredited cancer treatment center.

1st

1st 1961

A 20-bed neuropsychiatric unit is established, and Rose de Lima becomes the first private hospital in the area to have a contract with State Mental Health.

1972

The hospital celebrates its 25th anniversary. It's now a 100-bed facility with intensive care, physical therapy, and inhalation therapy services with diagnostic x-ray units.



1974

Saint is added to the hospital's name, and it becomes known as St. Rose de Lima. The Sisters receive the final land title to the hospital from the government.

1989

The hospital adds *Dominican* to its name in honor of the founding Sisters, and it becomes St. Rose Dominican Hospital.



1991

A \$25 million, four-story expansion is completed with new state-of-the-art medical services.

2000

The Rose de Lima Campus completes a \$2.5 million expansion of its emergency department, increasing its size from 6,000 to 9,600 square feet. The changes expand the waiting room and add a large, lighted helicopter pad.

2006

St. Rose Dominican opens a third acute-care facility, the San Martín Campus in southwest Las Vegas.



2009

1st

The Wound Healing Center at the Rose de Lima Campus becomes the first in Nevada to receive Undersea and Hyperbaric Medical Society (UHMS) certification.

2012

Catholic Healthcare West changes its name to Dignity Health to help position the organization to succeed in the changing health care environment.



Dignity Health
St. Rose Dominican

2017

Happy 70th anniversary, Rose de Lima!

ST. ROSE DOMINICAN
ROSE DE LIMA CAMPUS

70

YEARS

CELEBRATING OUR ENDURING LEGACY



Today at Rose de Lima Your good health, our caring expertise

You can access a wide range of services at our Rose de Lima Campus. Some highlights:

Emergency services. We're here for you 24/7. Our staff is among the most expertly trained emergency room teams in Nevada.

Primary Stroke Center. This special certification is awarded by The Joint Commission to hospitals for excellence in stroke care.

Rehabilitation services. The Rehabilitation Institute of Henderson at the Rose de Lima Campus uses advanced technology to help patients with traumatic brain or spinal cord injuries restore function.

Surgical expertise. Rose de Lima has achieved five-star ratings for esophageal, stomach and colorectal surgeries, and for hip fracture treatment.

Patient safety. In 2017, Rose de Lima received a national Patient Safety Excellence Award from Healthgrades.

2015

A new cardiac cath lab suite is completed, adding the ability to perform peripheral vascular and cardiac studies.



2011

Rose de Lima completes an expansion/renovation of its Inpatient Rehabilitation Center, doubling the number of beds and adding advanced technology that helps people with traumatic brain or spinal cord injuries regain their strength and mobility.

2016

A \$4.5 million improvement project updated patient rooms, the main lobby and common areas, the ER, family and surgery waiting areas, parking areas, and gardens. The improved environments invite healing, peace, and *humankindness*.

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • SUMMER 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.

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 Center: **FREE**

Mondays, Wednesdays, and Fridays, 1 to 2 p.m.

WEST FREE

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

Fitness Testing

Are you fit for your age? If you are 60 or above, see how to remain mobile until 90 and beyond!

Wednesday, Aug. 16, 10 to 11 a.m.

GV FREE

Thursday, Sept. 28, 10 to 11 a.m.

WEST FREE

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

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.

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

Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

Tuesdays and Thursdays, 10 to 11 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

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, 8 a.m. to 5 p.m.

Lake Las Vegas



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



For your HEALTH

CALENDAR OF CLASSES AND EVENTS • SUMMER 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.



Tai Chi

Learn graceful Chinese martial arts moves to improve balance and relaxation.

Introduction to Tai Chi:
Wednesdays, 1:30 to 2:30 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

Belly Dancing

Saturdays, July 8, Aug. 12, Sept. 9, 10:30 a.m. to noon

WEST FREE



Nutrition

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, July 19,
6 to 8 p.m.

WEST \$25 (includes CD)

Tuesday, Aug. 29,
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!

Wednesdays, July 12 to Aug. 16, 10 a.m. to 12:30 p.m.

Henderson Multigenerational Center, 250 S. Green Valley Parkway. Call 702.267.5800.
Saturdays, Aug. 26 to Sept. 30, noon to 2:30 p.m.
Valley View Recreation Center, 500 Harris St. Call 702.267.4060.

Energy Healing Circle

Reduce stress and heal with chakra balancing.

Wednesdays, July 5, Aug. 2, Sept. 6, 7 to 8 p.m.

WEST FREE

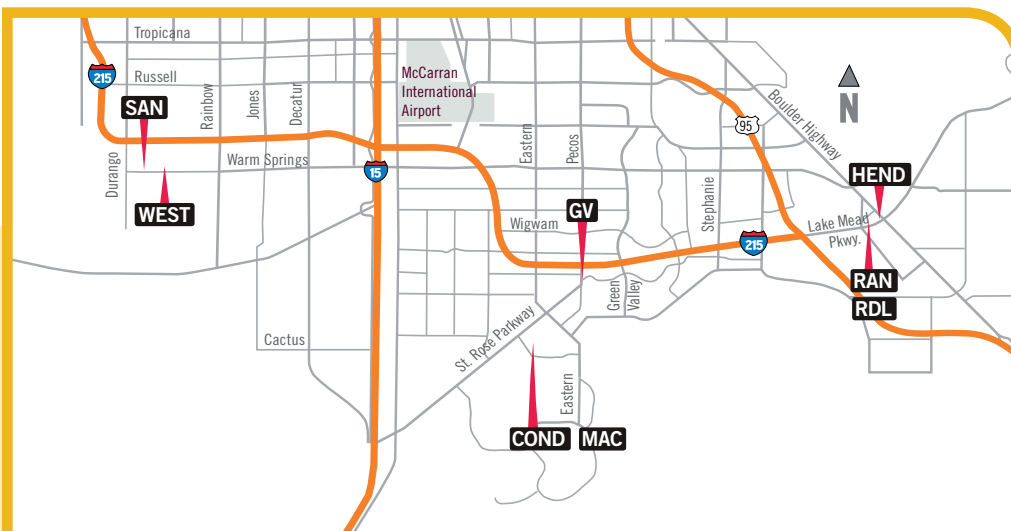


Relax and Paint

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

Thursday, Aug. 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

AARP Smart Driver Program

Reduce your car insurance rates; \$15 members, \$20 nonmembers (checks only, made out to AARP).

Monday, July 10, Aug. 14, or Sept. 11, 9 a.m. to 1 p.m.

Wednesday, July 26, Aug. 23, or Sept. 27, 1 to 5 p.m.

GV

Tuesday, July 25, Aug. 22, or Sept. 26, 1 to 5 p.m.

HEND

Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

Tuesday, Aug. 8, 9 to 10 a.m.

HEND FREE

Tuesday, Sept. 12, 9 to 10 a.m.

GV FREE

Balancing Energy Fields

Release the past and embrace the future through EFT, sound therapy, and meditation.

Wednesdays, July 12,

Aug. 9, Sept. 13, 6 to 8 p.m.

WEST \$5

Relaxation Meditation

Practice techniques that promote peace and health.

Tuesdays, July 11, Aug. 8, Sept. 12, 5:30 to 6:30 p.m.

GV FREE

Wednesdays, July 5, Aug. 2, Sept. 6, 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

Wednesdays, 1 to 2 p.m.

HEND FREE

Communication Through Sign Language

Learn basic signs to increase communication in this three-week workshop for adults.

Fridays, Aug. 4, 11, 18, 3:30 to 5 p.m.

GV FREE

Fridays, Sept. 8, 15, 22, 3:30 to 5 p.m.

WEST FREE

Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

Thursdays, July 20, Aug. 17, Sept. 21, 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, July 13 and 27, Aug. 10 and 24, Sept. 14 and 28, 10 a.m. to noon

GV FREE

Thursdays, July 13 and 27, Aug. 10 and 24, Sept. 14 and 28, 11:30 a.m. to 1:30 p.m.

WEST FREE

Self-Hypnosis for Positive Thinking

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

Thursday, Sept. 14, 6 to 8 p.m.

GV \$25 (includes CD)

Wednesday, Aug. 16, 6 to 8 p.m.

WEST \$25 (includes CD)

Help Helping Hands!

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



Diabetes Management

NEW! Diabetes Survival Skills

Join the diabetes team to learn how to manage your newly diagnosed diabetes.

Thursday, July 27, 1 to 2:30 p.m.

GV FREE

Thursday, Sept. 7, 3 to 4:30 p.m.

WEST FREE

What Is Prediabetes?

Learn how to avoid or delay diabetes.

Monday, July 31, 10 a.m. to noon

Thursday, Aug. 31, 10 a.m. to noon

Thursday, Sept. 28, 2 to 4 p.m.

GV FREE

Thursday, Aug. 10, 3 to 5 p.m.

WEST

National Diabetes Prevention Program

Do you have or are you at risk for prediabetes? Learn how this CDC-recognized lifestyle change program can prevent or delay type 2 diabetes through changes in nutrition, weight control, activity, and stress management. Call **702.616.4975** to enroll in this 12-month program.

Wednesdays, starting Sept. 13, 4 to 5 p.m.

GV \$40 to enroll, \$10 per session



Dinner with a Doc

Community lecture

Join Jocelyn Ivie, MD, to learn about colon cancer.

Tuesday, Sept. 12, 6 to 7 p.m.

SAN



**A simple courtesy takes one step.
Let someone go in front of you in line.**

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

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

For your HEALTH

CALENDAR OF CLASSES
AND EVENTS • SUMMER 2017



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

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, Aug. 1, 15, 22, 9 a.m. to noon
GV

Diabetes Self-Management Program

This six-week program offers support, healthy eating tips, medication management, and communication skills. Complements your current medical treatment.

Tuesdays, Aug. 8 to Sept. 12, 10:30 a.m. to 1 p.m.

Green Valley Library, 2797 N. Green Valley Parkway. Call 702.616.4900.

Thursdays, Aug. 24 to Sept. 28, 10 a.m. to 12:30 p.m.

Heritage Park Senior Facility, 300 S. Racetrack Road. Call 702.267.2950.

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, July 27, 10 to 11:30 a.m.

WEST FREE

Tuesday, Aug. 29, 10 to 11:30 a.m.

HEND FREE

Thursday, Sept. 28, 6 to 7:30 p.m.

GV FREE



Heart and Stroke Programs

Eating for a Healthy Heart

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.

Wednesday, July 26, 10 to 11:30 a.m.

GV FREE

Monday, Aug. 14, 3 to 4:30 p.m.

WEST FREE

Tuesday, Sept. 19, 1 to 2:30 p.m.

WEST FREE

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, July 26, Aug. 23, or Sept. 27, 5 to 9 p.m.

GV \$30 (includes AHA certification card)



Smoke-Free

Freedom from Smoking

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

Tuesdays, Aug. 8 to Sept. 19, and Thursday, Aug. 31, 5:30 to 7:30 p.m.

HEND 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

Mondays, Sept. 25 to Nov. 6, 3 to 5 p.m.

GV FREE



Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

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

GV \$25 (includes CD)



Cancer Screenings and Survivorship

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 Artery Disease

Do you have symptoms of PAD? Get screened.

Thursday, Aug. 17, 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, Aug. 30, 10 a.m. to noon

GV FREE

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



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!

Mondays, Sept. 25 to Nov. 6, 10 a.m. to 12:30 p.m.

GV FREE

Health Screenings and 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, Aug. 24, 7 to 10 a.m.

MAC See prices above. Appointment needed.

Thursday, Sept. 21, 7 to 9 a.m.

WEST See prices above. Appointment needed.

Metabolic Testing

Call **702.616.4975** for an appointment.

GV \$45



Support Groups

- AA Co-Ed
MAC Thursdays, 7 p.m.
SAN Sundays, Mondays, Tuesdays, Fridays, 7 p.m.
- AA for Women
GV Mondays, 7:30 p.m., and Wednesdays, noon
- ALS Support
- Alzheimer's Support
- Arthritis Support
- 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
- Gamblers Anonymous



*¡Gracias!
Salamat! Thank you!*
Learn how to express gratitude in a new language.

- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Transitions for Aging
- Widows Support

LOCATION KEY

(See full key and map on page 8.)

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



Be kind to yourself

Kindness may be sweetest when shared with others, but life is better when we also show ourselves loving care and compassion. Here are some ideas for being kind to yourself—by reducing stress and managing life’s ups and downs.

Ease everyday stress

When we need to get things done, stress can help motivate us. That’s the good kind of stress—the kind that helps us deal quickly and effectively with situations.

Constant or chronic daily stress can be a problem, though, taking a toll on mental and physical health.

“That’s when you need to be kind to yourself and take steps to protect your own well-being,” says Deepa Kordick, MD, family medicine physician at Dignity Health Medical Group. To help gain control over stress, Dr. Kordick suggests:

Divide and conquer. When you’re feeling overwhelmed, try to tackle one task at a time. Set goals and break large projects into smaller, more manageable tasks.

Be realistic. Don’t be afraid to say no if you have too much going on or to ask for help. If you try to do it all yourself, you may take on more than you can or should try to manage.

Take active breaks. Moving can lift your mood and distract you from worries.

Talk nicely to yourself. Stress can come from negative self-talk. If you find yourself getting down, remind yourself of situations you’ve handled well in the past.

Relax and retreat. Give yourself permission to let go and recharge—take a nap, unwind in a calming bath, or curl up with a comforting book.

Bounce back from adversity

At some point, nearly everyone goes through tough times. “You can’t stop bad things from happening,”



Deepa Kordick, MD, family medicine physician at Dignity Health Medical Group.



Katrina Mercado, MD, family medicine physician at Dignity Health Medical Group.



Jillian Scott, MD, family medicine physician at Dignity Health Medical Group.

says Katrina Mercado, MD, family medicine physician at Dignity Health Medical Group. “But you can take steps to help yourself feel better and more in control.”

Here are a few tips of Dr. Mercado’s to help regain emotional equilibrium.

Accept change as a part of life.

It can show you opportunities for growth.

Keep things in perspective.

Try to consider painful events in a broader context. Can you find a silver lining? There’s often something positive hiding in negative situations. Ask yourself: Have I grown? Did I discover new strengths?

Stay hopeful. When you expect good things to happen, you’re more likely to notice them.

Take care of yourself. Get enough sleep and exercise, and eat healthful meals. Take time for things you enjoy.

Reach out. Your caring connections with family and friends can help get you through tough times. If emotional problems seem overwhelming, talk with your doctor for help and advice.

Do you need a doctor?

Go online to find our expert team of physicians at StRoseHospitals.org or call **702.616.4900**.




Caring for yourself while raising a grandchild

It’s an Act 2 you didn’t necessarily anticipate. But now you’re raising a grandchild—and are back in the parent role again.

As much as you love your grandson or granddaughter, caring for children can be challenging—physically, emotionally, and financially. Still, there are ways to lighten your load.

First, ask for help. If you’re hesitant, be aware that turning to others for support is a sign of strength, not weakness. It shows that you want to do the best possible job of caring for your grandchild.

- To get more help and support:
- Make a list of ways that others could lend a hand. Then speak up. Your extended family and friends may want to pitch in. But they might be unsure about how to help.
 - On your list, be sure to include help with responsibilities beyond child-rearing. For example, a friend might take your aging parent to the doctor or pick up groceries for you. Support like this can give you more time and energy to tend to your grandchild.
 - Let friends know that you still want to socialize but may need help with babysitting.
 - Look for local resources—programs, classes, and services—that can help.

 **Sowing seeds of happiness** 

“Studies show that some fairly simple habits can help you be more upbeat and happier overall,” says Jillian Scott, MD, family medicine physician at Dignity Health Medical Group. Here are three key ones:

1

Practice being grateful.

Make it a point to regularly count your blessings, large and small—from the food on your table to a warm smile from a stranger.

Happy tip: Pick up a pen. Write down the good things that happen to you in a gratitude journal. It’s a powerful happiness booster.

2

Spend time with people who are good for you.

Loving friends and family are a huge source of happiness in our lives.

Happy tip: Offer sincere praise. Think of the things you admire about the people closest to you—and tell them. You’ll spread happiness and appreciate your relationships even more.

3

Help someone in need.

People who reach out and help others tend to be happier than those who stay on the sidelines.

Happy tip: Play to your strengths. Happy people tend to pursue activities that use their strengths—whether that’s a talent like singing or a love of learning—for the greater good.



Be kind to your body and mind

Our calendar is filled with support groups, volunteer opportunities, and many events to help you tend to your well-being. See pages 7 to 11.

Hearts in good hands

Leadless pacemakers keep hearts beating strong

Niuton Koide, MD, a clinical cardiac electrophysiologist who performs procedures at Dignity Health–St. Rose Dominican, is often faced with challenging situations. He needs to improve the quality of life of his patients with heart rhythm problems while weighing the risks of major surgery.

New technology offers a solution

In April 2017, Dr. Koide performed a new, less-invasive procedure on one of his patients at the San Martín Campus—inserting a leadless pacemaker, the first in the Dignity Health system.

Like a traditional single-chamber unit, leadless pacemakers can deliver the same needed therapy—sending small electrical impulses to the heart to maintain a

suitable heart rate—without the lead-related complications.

A leadless pacemaker is a 1-inch-long device that has no wires. It's about the size of a medication capsule and can be delivered to the heart through an artery in the thigh using x-ray guidance. The procedure takes about 30 to 60 minutes, and the tiny unit lasts from 8 to 15 years, depending on the pacing needs. This pacemaker spares patients larger surgical incisions and cannot be felt under the skin.

Lives changed for the better

“So often, I hear from patients that they are tired, have shortness of breath, and don't have enough energy to hold their



Deliver some goodness. Bring a busy friend or an elderly neighbor a healthy meal. How about: “Chicken and Pear Salad with Mint Dressing”? Find the recipe at StRoseReach.org.

grandchildren,” Dr. Koide says. “Thanks to the team at the San Martín Campus, I've been able to give back the joy of life using this new cutting-edge procedure.”

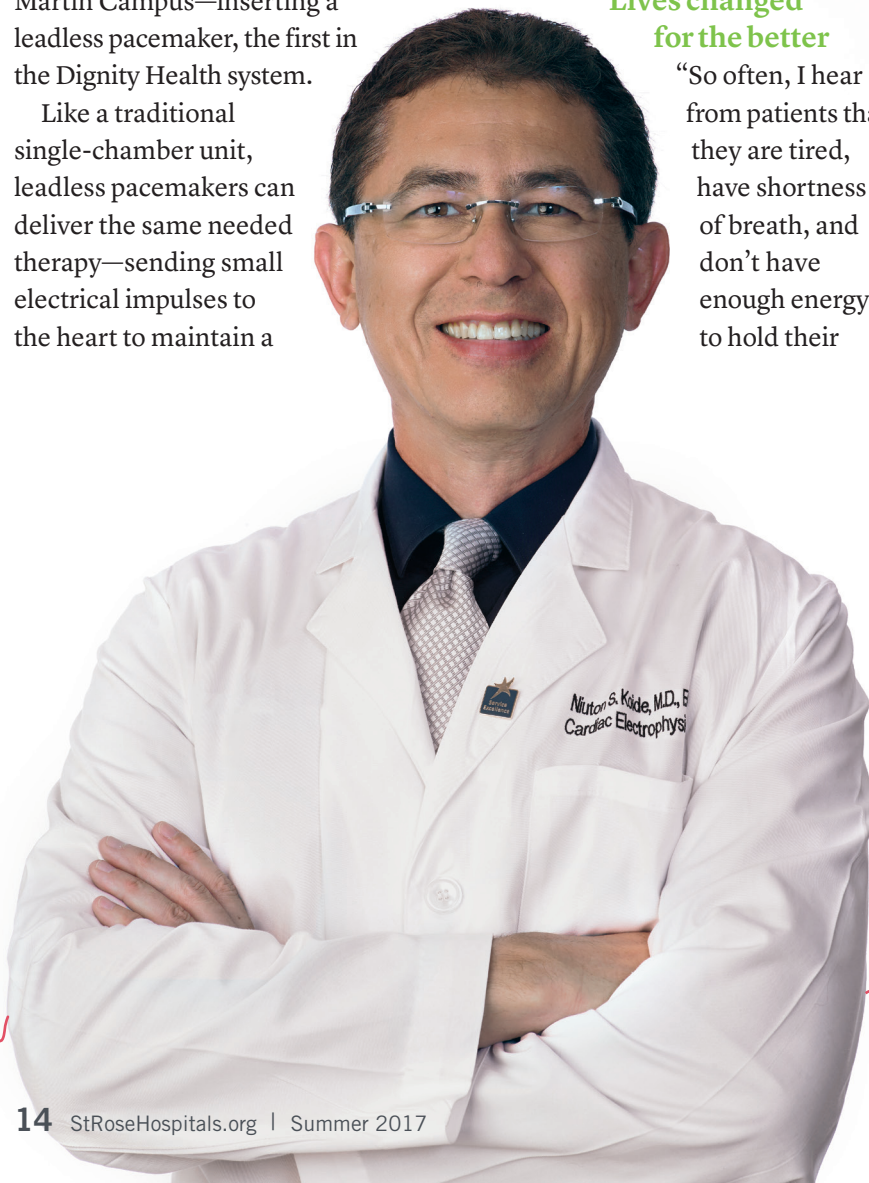
Deepak Malhotra, MD, cardiac surgeon, consulted on this first procedure, and Erik Sirulnick, MD, a clinical cardiac electrophysiologist, assisted. Along with Dr. Koide, two other clinical cardiac electrophysiologists who do procedures at St. Rose are trained in the leadless pacemaker procedure: Arjun Gururaj, MD, and Nikolaos Tsiouris, MD.

Trusted care for your heart

To find a St. Rose cardiologist or other specialist, please call **702.616.4900**.

Helping lead the way on leadless pacemakers:

Niuton Koide, MD, clinical cardiac electrophysiologist



When the heat is on

Stay safe when temps soar



Alert! Watch out for heatstroke

As temperatures rise in southern Nevada, so does the risk of heat-related illness. The most serious type is heatstroke, which is a medical emergency. Signs and symptoms include:

- Body temperature above 103 degrees.
- Hot, red, dry, or moist skin.
- Rapid and strong pulse.
- Confusion; possible unconsciousness.

Call 911 immediately if you think someone has heatstroke. Move the person to a cooler environment, and try to bring his or her temperature down with cool cloths or a bath. Do not give the person fluids.

Your car isn't the only thing that can overheat in the Las Vegas Valley's hot weather. Your body can, too—especially when you're exercising.

But that doesn't mean you have to stay inside. There are ways you can beat the heat and still get a healthy workout.

When you exercise in hot weather, you cool off by sweating, which causes you to lose body fluids. If you don't replace these fluids, you can become dehydrated. Your body may then have difficulty sweating and cooling down. This can lead to heat injury, reports the American Academy of Orthopaedic Surgeons.

There are several types of heat injuries, ranging from moderate problems—like heat cramps and heat exhaustion—to medical emergencies, like heatstroke.

Keep your cool

Heat-related problems are preventable if you take steps to protect yourself. **Heber Phillips, DO, Emergency Room Medical Director** at St. Rose Dominican's Siena Campus, offers ways to reduce your risk:

- **Stay hydrated.** Remember to drink fluids before, during, and after exercise.
- **Move your workout indoors.** If you do head outdoors, make it early in the morning or after sunset. If you feel yourself getting too hot, immediately find a cool place or take a cool shower.
- **Reduce the intensity of your workout.** And don't overdo it. Take frequent breaks.



Cool tool! Did you know...

You're more likely to be injured on a bike than in a car? Get equipped for safer riding with our fun, interactive tool. Find it at StRoseReach.org.

From your friends at
Dignity Health—St. Rose Dominican

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Fresh and refreshing!

These spring (or summer) rolls are so easy, anyone can roll this way. Find the recipe at StRoseReach.org.

Go H₂O!

Quench your thirst with these tasty twists on water

It's a hot, dry Nevada summer. Nothing tastes better than an ice-cold beverage—and it's important to stay hydrated in the heat.

If plain water doesn't entice you, how about giving it a refreshing change? Here are some naturally healthy flavor enhancers—and you can also have fun experimenting with what you have on hand.

Break the ice

Make flavored ice cubes with 100 percent fruit juice, unsweetened tea, or chopped fruit.



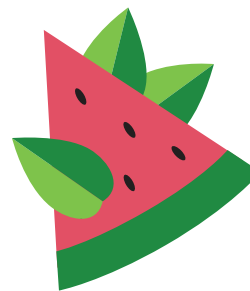
Herbal infusion

Fresh herbs, like basil and mint leaves, add unique and flavorful notes.



Fruit forward

Add cubed melon, or fresh or frozen berries. Add slices of orange, lemon, or lime, or squeeze in some juice.



One sweet pairing:

Mint and watermelon



One cool combo:

Lime and cucumber

Kind deed

Give your full attention. Have a meal with family or friends without looking at your phone.

Keep 'em cool on the go

Foods spoil quickly in the heat, and that can make you sick. Check out our summer food safety infographic before you hit the road. Go to StRoseReach.org.

