

Reach

Together in health and happiness

**Your Smart
Summer issue**

Summer 2018



Smart skin care

Safeguards for a healthy glow

Boost your brain power

Bright ideas for summer days

Ease your mind

5 ways to worry less

Blissful & brilliant

“What makes the desert beautiful is that somewhere it hides a well.”

—Antoine de Saint-Exupéry

We hope summer brings you fun with family and friends, carefree hours of floating in the pool or lounging under the stars. In this issue of *Reach*, you'll find timely info—smart tips to help make this a blissful, brilliant summer in southern Nevada.

Made in the shade. Starting on page 4, find out how to care for your skin all season and keep pets safe in the heat.

No brain freeze. A healthy brain is an active one. From brain teasers to pleasers, find five ideas to keep your brain engaged (page 8).

A well of wellness. Check out our online Health Library. It's a free resource to help you live your best life. You'll find articles, recipes, quizzes, and more. Go to StRoseReach.org/health-library.

The WomensCare/Outreach Centers 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.

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.

Holly Lyman, WomensCare/ Outreach Center Director **Kimber Haley**, Marketing Manager, REACH Editor

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Inside



How ERs work

Knowing what to expect means less stress when it's an emergency.

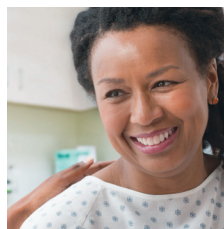
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Weigh your options

Could bariatric surgery be right for you?

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Make the most of your doctor visits

To get the best care, it's best to be prepared.

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Online

See more great *Reach* content:
StRoseReach.org



Cool tool! Use our HeartAware online assessment to learn more about your risk of a heart attack. It's free—and only takes about 7 minutes.



Summer Tomato and Corn Salad with Basil. This bright, fresh dish is sure to become a family favorite.

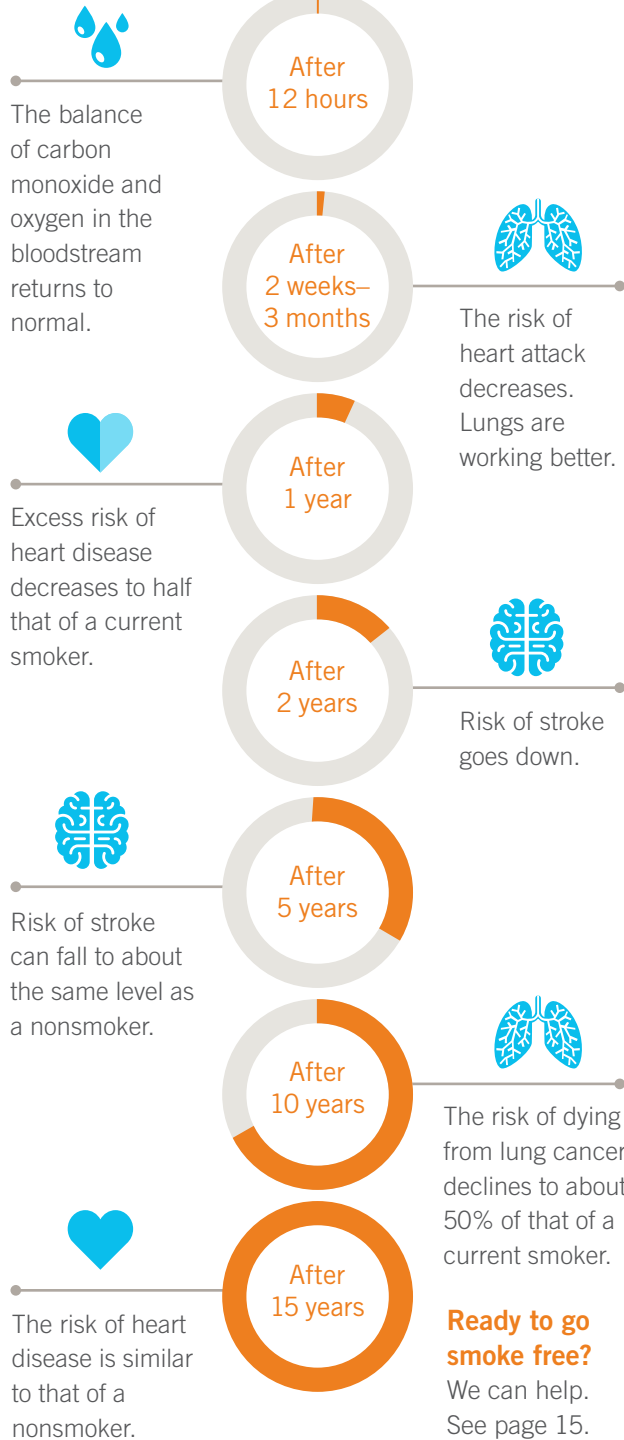
Find a doctor, locations, and services:
StRoseHospitals.org





WHEN YOU GIVE UP SMOKING

Enjoy the perks!



Sources: American Cancer Society; American Lung Association; Centers for Disease Control and Prevention

Why I give ...

“Having worked at St. Rose Dominican for nearly 20 years, I’ve seen many exciting changes take place: the building of the Siena and San Martín Campuses, the addition of Community Outreach Centers and medical clinics, and the opening of four new neighborhood hospitals.

St. Rose is not-for-profit, so none of this would be possible without the donations from both the public and its employees. I’m proud to donate to the St. Rose Dominican Health Foundation each year because I know I’m helping bring much-needed services to the members of our community.”

—Tammy Kline, Internal Communications Manager

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




Tammy Kline

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

Let healthy skin shine



Allergy alert

Check medication information and containers for warnings about the sun, Dr. Hong says. “Certain drugs can make your skin more sensitive to the sun. Some medicines may trigger hives, an allergic reaction, if you expose your skin to the sun while taking them.”

“**Summertime** in southern Nevada means it’s time to think seriously about protecting your skin from the sun’s damaging rays,” says Teresa Hong, MD, family medicine physician with Dignity Health Medical Group’s San Martín Clinic. Here are some key recommendations.



Teresa Hong,
MD

Get shady. Hang out in the shade when you’re outdoors—a tree, umbrella, or other shelter.

Fast fact: 80 percent of the sun’s harmful UV rays can reach your skin, even on a cloudy day.

Cover up. Whenever possible, wear long-sleeved shirts and long pants outside. Tightly woven fabrics provide the best protection from the sun’s damaging rays.

Top off with a hat. To protect your face, ears, and the back of your neck from the sun, wear a hat with a broad rim all the way around.

Remember to wear sunglasses. Wraparound sunglasses—that block 99 to 100 percent of all UV light—are the best choice.



Slather on sunscreen. Go for one that offers broad-spectrum protection, has an SPF of 30 or higher, and is water-resistant. “It’s important that you apply sunscreen 20 to 30 minutes before going outside,” Dr. Hong says. “Then reapply every two hours or after swimming, sweating, or toweling off.”



Time your outdoor workouts. Exercise during the coolest part of the day. You’ll reduce your risk of heat rash and heat-related illness.

Blot sweat. Use a clean towel or cloth. Wiping can irritate your skin and cause breakouts if you’re prone to acne.

Make a splash. Shower immediately after a dip in the pool. Post shower, apply cream or lotion to slightly damp skin to help lock in moisture.

Sources: American Academy of Dermatology; American Academy of Ophthalmology; National Institute on Aging; Skin Cancer Foundation

Keep pets cool in the heat

Summer's heat can be dangerous for people and pets. Help keep your furry friends safe and cool with these five tips:

- 💧 **Supply water and shade.** If pets must be outdoors, make sure they have protection from the heat and sun. Provide plenty of fresh, cold water. In heat waves, add ice to water. No trees for shade? A tarp can do the trick. It's better than a doghouse—which can become a sauna on a hot day.
- 💧 **Never leave a pet in a parked car—not even for a minute.** A hot car can be deadly. Even on an 85-degree day, inside a vehicle the temperature can reach 120 degrees.
- 💧 **Limit exercise in the heat.** Take dog walks in the early morning or evening hours when temperatures are lower. And bring along water to help keep pets from getting dehydrated.



- 💧 **Stay off hot asphalt.** If it's too hot for you to go barefoot, it's too hot for your pet's paws. Walk or play on grass, if possible.
- 💧 **Make a splash.** For dogs that like water, a cool bath or roll in a kiddie pool can help keep them cool.



Hot dog? Cool treat!

Treat dogs to a frosty delight. Frozen "Peanut Butter Pup-sicles" can help keep your pooch cool. The Humane Society of the United States offers a quick and easy recipe. Find it at StRoseReach.org.

One important precaution:

Check your peanut butter's label. Make sure it doesn't contain any kind of xylitol—an artificial sweetener that is toxic to pets.

3 things to understand about the ER



Gary Mono, DO

The emergency room (ER)—it’s a place we all hope we never have to go. But should you ever need it, it’s comforting to know the ERs at St. Rose Dominican are here for you and your family.

“Understanding how ERs work can make your experience less stressful,” says Gary Mono, DO, chief medical officer for Dignity Health–St. Rose Dominican’s Siena Campus.



What to know before you go to the emergency room:

1

The sickest are treated first.

Our St. Rose Dominican ER nurses are specially trained to assess a medical condition and decide how severe it is. Based on this, they determine who is seen first by emergency doctors.

The triage nurse will determine the severity of your illness or injury by examining you and asking about your symptoms. You may have some tests done or receive first-aid care while you’re in the triage area. Speak up if you’re in pain or if your pain or other symptoms get worse. The nurse needs to know how you’re feeling to help decide how quickly you should be seen.

2

You may be able to wait at home.

If you’re sure it’s not a serious situation, you can select an estimated arrival time at all St. Rose hospitals—and wait in the comfort of your own home.

Find our online waiting room at [StRoseHospitals.org/ER](https://www.strosehospitals.org/ER). The Dignity Health Urgent Care Center at the Dignity Health Pavilion—on the corner of West Galleria Drive and Gibson Road—is also an option for minor illnesses and injuries.

3

You may need follow-up care.

After you’re treated and discharged from the ER, it may not be the end of your care. For instance, you may be instructed to see your primary care doctor for a follow-up visit.

“Be sure to follow through with any appointments or other instructions you receive,” says Dr. Mono. “Your regular doctor or a specialist may need to manage the problem that brought you to the ER to help you avoid another medical emergency. Or you may need further tests to learn more about what caused your condition or symptoms.”

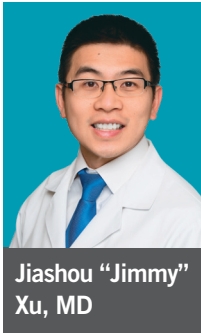


Stay on your feet. We’re here to help. Learn more about our fall prevention program. See page 14 for details.

Weighing the benefits for a better life

Do you sometimes envision life without excess weight?

If losing weight has been difficult, you may wonder if weight-loss (bariatric) surgery is right for you. “That’s a difficult decision each person must make for themselves, but we can guide you,” says Jiashou “Jimmy” Xu, MD, medical director of the Weight Loss Surgery Center at St. Rose Dominican. To help, here are answers to common questions about weight-loss surgery.



Q. Am I a candidate?

You may be if you’re severely overweight. This generally means you have a body mass index (BMI) of at least 40. Or you have a BMI of at least 35 plus a weight-related health problem, such as type 2 diabetes, heart disease, or sleep apnea. Check your BMI at StRoseReach.org.

“Generally, surgery is considered when it’s unlikely a person can achieve a healthy weight with other weight-loss strategies,” says Mustafa Ahmed, MD, another bariatric surgeon at the Weight Loss Surgery Center at St. Rose Dominican. “You also must be committed to making lasting lifestyle changes to help keep the weight off.”



Q. Can surgery help with type 2 diabetes?

Yes. Research shows that bariatric surgery often makes the disease go into remission. What’s more,



Expert answers. Get all the information you need at our upcoming weight-loss surgery seminars. See page 13.

even when diabetes doesn’t disappear, the surgery still tends to help by:

- Improving diabetes-related health problems
- Lowering blood sugar
- Reducing the amount of diabetes medicine needed

Q. What changes will I need to make afterward?

To succeed at long-term weight control, you’ll need to:

- Eat small, frequent meals.
- Make healthy foods a priority. You may need to take vitamins and minerals.
- Get regular exercise.

Weight-loss surgery: Two common types

- 1. Gastric bypass.** Surgeons shrink the stomach to about the size of a thumb and shorten the path food takes through the small intestine. This limits the calories your body absorbs. You’ll also feel full after eating only small amounts of food.
- 2. Gastric sleeve.** This surgery also shrinks the stomach, transforming it into a narrow tube and—like gastric bypass—limiting food intake. Your substantially smaller stomach will also produce less of the hormone responsible for hunger.



Brainy ideas for summer fun

Summer might seem like a good time to just chill—and not do any heavy mental lifting. Think laid-back days. Think vacations and school breaks.

But remember this: It's good for grown-ups and kids alike to keep brains healthy and active year-round.

Here are a few fun and easy ways to boost everyone's brain power this summer.

Get physical

If summer temperatures allow, head outdoors for some morning or evening activities. Maybe go up to Mount Charleston to get away from the heat—aerobic exercise, like hiking or biking, gets the heart pumping. That helps keep the brain fed with a healthy supply of blood and oxygen.

Too hot outside? Find indoor

activities that get you and your crew moving. Dance party, anyone?

Be a real brainiac

Have some brain-challenging fun. Pick up summer reading at the library. Break out board games for game night. Do a crossword or try Sudoku.

Explore a new hobby

It's good for your brain to learn new things. Maybe the whole family could learn new words in Spanish or French. Or how about trying your hand at guitar? Or shaking up your routine with a belly dancing class? **See page 11.**



Be kind to your mind. Try this 2-minute mindfulness video to feel calm and serene. Let all your tension fade away. Then share your peaceful energy and kindness with others. Experience it at **StRoseReach.org**.



5 ways to worry less

We all worry sometimes. That's normal. But how can you tell if you're worrying excessively?

If you find yourself fretting about many things every day or if you can't turn off your anxious thoughts, you may have a worry problem. Of course, you want to keep *worry* off your list of things to worry about. Instead, take healthy steps to ease your mind.

✓ **1. Make a worry list.**

Write down your worries. Schedule a time every day to read over your list. Set a 15-minute timer to spend on the list. When the timer goes off, carry on with your life. If you start to worry about something after your dedicated worry time, remind yourself it'll have to wait until the next day.

✓ **2. Take a positive step forward.**

Take a look at your list of concerns to determine which you can do something about. Then make plans—even a small first step—to resolve them.

✓ **3. Distract yourself in a healthy way.**

Exercise, for example, releases endorphins that relieve tension and stress. Deep breathing exercises can calm and quiet negative thoughts.

✓ **4. Live in the present.**

Worry often involves *what-ifs* about future or past events. Try to stay focused on the present. Pay attention to everything going on around you now. Feel your toes in the grass or the breeze on your face. Listen to the birds in the trees.

✓ **5. Talk it out.**

Share with a friend what you're worried about. Talking about your worries can help you put them in perspective—and others may offer solutions that might not have occurred to you.



Source: Helpguide.org

Enjoy food for thought

Summer is the perfect time to savor colorful crisp salads and refreshing sweet fruits. Diets high in fruits and veggies are brain pleasers.

Stock up on a rainbow of colors, including:

- Dark-colored vegetables, like kale, spinach, broccoli, and beets.
- Berries—blue, black, and red.
- Cherries and plums.

Get comfy and say good night

Quality sleep can help your thinking and memory.

Talk about a bright idea! Find our recipe for Rainbow Fruit Salad at **StRoseReach.org**. This mix of mango, berries, grapes, kiwi, and more is brain food with a side of scrumptious.



Right this way

7 smart tips to make the most of doctor visits

Some of life's most important moments take place in a doctor's office. That's because your checkups and other doctor visits are the times to focus on a precious possession: your good health.



Raji Venkat, MD

"You want to make the most of the valuable time you spend with your doctor," says Raji Venkat, MD, an internal medicine physician at Dignity Health Medical Group's Henderson clinic. Check out these smart health care tips.

- 1. Write down what's on your mind.** Before your appointment, note your questions, concerns, or anything you want to be sure to discuss.
- 2. Make a medicine list to share with your doctor.** Include any vitamins, herbs, or over-the-counter medicines. Another option: Bag them up and bring them to your appointment.
- 3. Be candid.** "Don't be embarrassed," Dr. Venkat says. "We want you to share anything that might affect your well-being," such as:
 - Diet and exercise habits
 - Alcohol, drug, or tobacco use
 - Family health history
 - Relationships
 - Emotional well-being, including feelings of depression or anxiety
- 4. Ask about tests and vaccines.** Depending on your age and other factors, it could be time to update your shots or get a potentially lifesaving cancer screening.



I need a doctor! Look online at [StRoseHospitals.org](https://www.strosehospitals.org). Or talk to an expert who can help match you with a caring physician or provider at **702.616.4900**.

- 5. Speak up if something isn't clear.** One trick: Repeat your doctor's instructions out loud. *OK, so I need to take this medicine until it's gone, correct?*
- 6. Bring some backup.** Is it difficult for you to remember what your doctor says? Bring a loved one or close friend along. They can listen and take notes.
- 7. Get expert advice.** Look at this as an opportunity to get guidance that could change your life. For instance, would you like to lose weight, change your diet, or quit smoking? Ask your doctor the best ways to accomplish your goals.

Back to school: Check off a checkup

Summer vacation can be a great time to fit in your child's yearly wellness exam. Your child's doctor can make sure that all immunizations are up-to-date. He or she can also check your child's overall health, answer your questions, and offer advice.

Game on! Remember: Student athletes in southern Nevada may need sports physicals before practices start.

For your health

Calendar of classes and events | Summer 2018



Rose Regatta Dragon Boat Festival

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

**Saturday, Oct. 13,
8 a.m. to 5 p.m.**
Lake Las Vegas



Registration: For classes that require registration, you can sign up 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.

Fitness

Dragon Boat Paddling

Open to all paddlers for fun and fitness. Dates, times, and registration at meetup.com/LVDragonBoatClub.

LVV \$10 per person

Tai Chi

Learn graceful moves for balance and relaxation.

Introduction to Tai Chi:
Wednesdays, 2:30 to 3:30 p.m.

GV FREE

Beginners' Tai Chi: Mondays,
12:30 to 1:30 p.m.

Intermediate: Wednesdays,
1:30 to 2:30 p.m.

GV \$3 per session or
10 sessions for \$20

Zumba GOLD

Show aging who's boss with this 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

All ages and fitness levels. Call **702.616.4902** for seasonal meeting location.

**Mondays and Wednesdays,
8:30 to 9:30 a.m.**

Ageless Woman Workout: Osteoporosis Exercise

Target aging zones with breathing and movements.

**Tuesdays and Thursdays,
9 to 10 a.m.**

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

Enhance Fitness

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.**

**Mondays and Wednesdays,
3:45 to 4:45 p.m.**

**Tuesdays, Thursdays, and
Fridays, 8 to 9 a.m.**

GV FREE

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

**Tuesdays and Thursdays,
9 to 10 a.m.**

WEST FREE

**Mondays, Wednesdays, and
Fridays, 8 to 9 a.m.**

City of Henderson Heritage
Park Senior Center: FREE

LOCATION KEY

(See full key and map
on page 12.)

Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

**Mondays, Wednesdays,
and Fridays, 9 to 10 a.m.**

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

**Tuesdays, Thursdays, and
Fridays, 10 to 11 a.m.**

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

Yoga for Beginners (for 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 done 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.

**Mondays, Wednesdays, and
Fridays, 7:45 to 8:45 a.m.**

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

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 yoga postures to build strength, balance, and flexibility.

Tuesdays, 6 to 7 p.m.

Saturdays, 9 to 10 a.m.

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



MORE

Uninsured?

Make an appointment with one of our Exchange Enrollment Facilitators. Call **702.616.4904**.



For your health

Calendar of classes and events | Summer 2018



Registration: For classes that require registration, you can sign up 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.

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

Tuesdays, 10 to 10:45 a.m.
WEST FREE

Belly Dancing

Saturdays, July 14, Aug. 11, Sept. 8, 10:30 a.m. to noon
WEST FREE

Nutrition

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Aug. 22, 6 to 8 p.m.
WEST \$25 (includes CD)

Nutrition Consultations

Meet with a registered dietitian for a personal consultation. All insurances welcome and cash discounts available.

Flexible, convenient times available Monday through Friday. Call **702.616.4975**.

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

Senior Peer Counseling

St. Rose Dominican's Senior Peer Counseling Program provides confidential, personal, supportive counseling from peers to face the challenges and changes in life. Call **702.616.4902** for information.



Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit your SNAP application. Call **702.616.4905** for an appointment.

Tuesdays, 1:30 to 4:30 p.m.
GV WIC: FREE

Wellness

NEW! Chronic Pain Self-Management Program

Do you have a primary or secondary diagnosis of chronic pain? Would you like to improve your condition? The CPSMP will help improve your energy and mental health status, decrease pain levels and dependence on others, and improve your overall life satisfaction!

Mondays, July 23 through Aug. 27, 9 to 11:30 a.m.
GV FREE

Better Breathers Club

This free educational social support group, sponsored by the American Lung Association, is for anyone living with a lung health condition.

Thursdays, July 5, Aug. 2, Sept. 6, 1 to 2 p.m.
GV FREE

Relax and Paint

Join us for an evening of creativity as we paint.

Thursday, Aug. 23, 6 to 9 p.m.
GV \$5. Registration required; prepay materials fee.

Essential Oils

Join a certified aromatherapist to learn how to safely and properly use essential oils.

Thursday, July 26, 6 to 8 p.m.
Tuesday, Aug. 28, 6 to 8 p.m.
GV FREE

Balancing Energy Fields

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

Wednesdays, July 11, Aug. 8, Sept. 12, 6 to 8 p.m.
WEST \$5



LOCATION KEY

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

LLV Lake Las Vegas



Weight-Loss Surgery Seminars

Come learn about the benefits of bariatric surgery and meet our bariatric surgeons and team. Get information and questions answered in this friendly, supportive atmosphere.

GV FREE

**Tuesday, July 3,
6 to 7:30 p.m.**

**Thursday, July 19,
6 to 7:30 p.m.**

**Tuesday, Aug. 7,
6 to 7:30 p.m.**

**Thursday, Aug. 16,
6 to 7:30 p.m.**

**Tuesday, Sept. 4,
6 to 7:30 p.m.**

**Thursday, Sept. 20,
6 to 7:30 p.m.**



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!

**Fridays, Aug. 24 through
Sept. 28, 1 to 3:30 p.m.**

GV FREE

Energy Healing Circle

Reduce stress and heal with chakra balancing.

**Wednesdays, Aug. 1, Sept. 5,
7 to 8 p.m.**

WEST FREE

AARP Smart Driver Program

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

**Monday, July 9, Aug. 13, or
Sept. 10, 9 a.m. to 1 p.m.**

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

GV

**Tuesday, July 24, Aug. 28, or
Sept. 25, 1 to 5 p.m.**

HEND

AARP Smart DriverTEK

This AARP workshop helps drivers understand how the newest car technology works and can make driving safer and more enjoyable. Class is \$5 (checks only, made out to AARP).

**Wednesday, July 25, Aug. 22, or
Sept. 26, 10:30 a.m. to noon**

GV

Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

Tuesday, Aug. 14, 9 to 11 a.m.

GV FREE

Relaxation Meditation

Practice techniques that promote peace and health.

**Tuesdays, July 10, Aug. 14,
Sept. 11, 5:30 to 6:30 p.m.**

GV FREE

**Wednesdays, Aug. 1, Sept. 5,
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. 3, 10, and 17,
3:30 to 5 p.m.**

GV FREE

**Fridays, Sept. 7, 14, and 21,
3:30 to 5 p.m.**

WEST FREE



Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

**Thursdays, July 19, Aug. 16,
Sept. 20, 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 12 and 26,
Aug. 9 and 23, Sept. 13 and
27, 10 a.m. to noon**

GV FREE

**Thursdays, July 12 and 26,
Aug. 9 and 23, Sept. 13 and
27, 11:30 a.m. to 1:30 p.m.**

WEST FREE

Help Helping Hands!

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

Stop the Bleed



In partnership with the City of Henderson, Dignity Health—St. Rose Dominican is offering "Stop the Bleed" training for the public.

Training provides lifesaving skills people can use to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive.

**Wednesdays, July 25, Aug. 29,
5 to 6 p.m.**

GV FREE



MORE

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

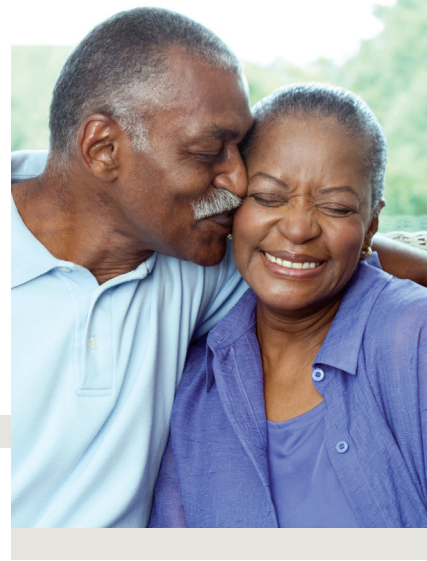
RDL Rose de Lima Campus, Henderson
102 E. Lake Mead Parkway

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 2018



Registration: For classes that require registration, you can sign up 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.

Diabetes Management

What Is Prediabetes?

Learn from a registered dietitian how to avoid or delay diabetes.

Tuesday, July 24, 9 to 11 a.m.

Thursday, Sept. 20, 1 to 3 p.m.

GV \$10

Monday, Aug. 20, 10 a.m. to noon

WEST \$10

Diabetes Survival Skills

Join a diabetes educator to learn how to manage your newly diagnosed diabetes.

Wednesday, Aug. 8, 8 to 9:30 a.m.

GV \$20

Wednesday, Sept. 19, 4:30 to 6 p.m.

WEST \$20

National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call **702.616.4975** to enroll in this 12-month program.

Wednesdays, starting July 18, 4:30 to 5:30 p.m.

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

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.

Comprehensive Diabetes Training and Education

For those newly diagnosed with diabetes or those needing a refresher course, this three-hour class in three weekly sessions provides nine hours of comprehensive training.

A variety of class times and days available; please call 702.616.4975 for details.

Physician referral and individual visit required prior to class.

GV

Stanford Diabetes Self-Management Program

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

Thursdays, Aug. 2 through Sept. 6, 2 to 4:30 p.m.

GV

Thursdays, Aug. 23 through Sept. 27, 10 a.m. to 12:30 p.m.

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

Kidney Smart

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

Wednesday, July 18, 10 to 11:30 a.m.

HEND FREE

Thursday, Aug. 23, 10 to 11:30 a.m.

WEST FREE

Wednesday, Sept. 19, 6 to 7:30 p.m.

GV FREE

Heart & 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, hands-on approach makes this an interactive class with personalized strategies.

Thursday, July 12, 6 to 7:30 p.m.

GV FREE

Thursday, Aug. 16, 10:30 to 12:30 p.m.

Tuesday, Sept. 18, 1 to 2:30 p.m.

WEST FREE

Stepping On: Fall Prevention Program

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

Wednesdays, Oct. 3 through Nov. 14, 2:30 to 4:30 p.m.

GV FREE



LOCATION KEY
(See full key and map on page 12.)



Hello humankindness™

“A little thought and a little kindness are often worth more than a great deal of money.”

—John Ruskin

Follow [@humankindness](#) on Twitter for more kindness inspiration from Dignity Health.

Smoke Free!

Freedom from Smoking

Kick the habit with this supportive, multistep American Lung Association program.

Mondays, Aug. 6 to Sept. 17, plus Wednesdays, Aug. 29, Sept. 5, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Sept. 26, 6 to 8 p.m.

GV \$25 (includes CD)

Cancer Screenings & Survivorship

FIT Colon Test

Are you 50 or older? Take home a colorectal cancer F.I.T. (fecal immunochemical test) screening kit, return your sample to an Outreach Center, and receive test results by mail.

GV HEND \$15

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the Mammovan at **877.581.6266** if you are 50 or older. Funded by Susan G. Komen for the Cure.

Screenings

Do You See What I See?

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

Wednesday, Aug. 29, 10 a.m. to noon

GV FREE. Appointment required.

Metabolic Testing

GV \$45. Call **702.616.4975** for an appointment.

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. 16, 7 to 10 a.m.

GV See prices above. Appointment required.

Thursday, Sept. 20, 7 to 9 a.m.

WEST See prices above. Appointment required.

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, Aug. 20 to Oct. 1, 10 a.m. to 12:30 p.m.

GV FREE
(No class Monday, Sept. 3.)



Support Groups

- AA Co-Ed
MAC Thursdays, 7 p.m.
SAN Sundays, Mondays, Tuesdays, Fridays, 7 p.m.
- AA for Women
GV Mondays, 7 p.m., and Wednesdays, noon
- Al-Anon
MAC Saturdays, 10:30 a.m.
- ALS Support
- Alzheimer's Support
- Arthritis Support
- Bereavement Support
- Better Breathers COPD
- Circle of Friends Discussion
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
First Wednesday, monthly, 10 to 11 a.m.
- Divorce Support
- Gamblers Anonymous
- 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
- Widows Support

✳ Take a deeper look! We have more classes at [StRoseHospitals.org/classes](#).



Ready to save the day!

Our own ER superheroes

Did you know we have an online waiting room? **See page 6.**

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Watermelon blueberry banana split

Makes 4 servings.

Ingredients

- 2 large bananas
- 8 watermelon “scoops”—watermelon balls created with an ice cream scoop
- 2 cups fresh blueberries
- ½ cup low-fat vanilla yogurt
- ¼ cup crunchy cereal nuggets

Directions

- Peel bananas and cut in half crosswise. Then cut each piece in half lengthwise.
- For each serving, lay 2 banana pieces against the sides of a shallow dish.
- Place a watermelon “scoop” at each end of the dish.
- Fill the center space with blueberries.
- Stir yogurt until smooth. Spoon over watermelon “scoops.”
- Sprinkle with cereal nuggets.

Nutrition information

Serving size: ¼ of recipe. Amount per serving: 186 calories, 1g total fat (0g saturated fat), 44g carbohydrates, 4g protein, 3g dietary fiber, 66mg sodium.

Source: Produce for Better Health Foundation



To quench is a cinch! It's called *watermelon* for a reason. It's full of water and great for staying hydrated on scorching days. Other water-rich fruits include strawberries, grapefruit, cantaloupe, and pineapple.