

Reach

Together in health and happiness

Empowered issue

Fall 2018



Empowering mothers

New program ensures a healthier future for moms and babies

Community strong

These ladies are paddling for a great purpose

Knowledge is power

Saving time saves lives: F.A.S.T. for a stroke

The power within

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. . . . You must do the thing you think you cannot do.”

—Eleanor Roosevelt

This Empowered issue of *Reach* highlights some courageous journeys in our community—and the power of *humankindness*.

Paving the way for positive change. Starting on page 4, read how St. Rose Dominican helps pregnant women and babies gain health and freedom from addiction.

Be a lifesaver. Learn the signs of stroke—and five prevention steps you can start today—on page 10.

Gain strength, confidence, and calm with our fall and winter classes (pages 11 to 15). And check out our online Health Library—free resources to help you live your best life. Go to StRoseReach.org/health-library.



On the cover Back row, from left: Bevin Miyake, Sanaa Makram, Sue Berry, and Patricia Kellerhouse; front row, from left: Melanie Weissman and Christin Utley

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

Greg Preston, Sampsel Preston Photography: cover, pages 8–9
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Inside



No tricks ... only treats!

Follow some Halloween safety tips to keep fright night fun.

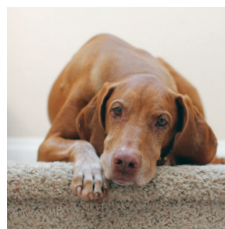
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Support from her family and R.E.D. Rose helps Maria Contreras stay strong.

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A popular pal

Meet Gavin, a therapy dog who’s all heart when it comes to helping people heal.

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Online

See more great *Reach* content:

StRoseReach.org



The skinny on fats. See what experts say about which types of dietary fats are truly healthy and which to avoid.



Sweet Hot Pumpkin Seeds With Autumn Spices. Carving a pumpkin soon? Turn the seeds into a sweet and spicy treat.

Find a doctor, locations, and services:

StRoseHospitals.org



Why I give ...

“Each day, I see firsthand the amazing work St. Rose provides to the community, and it makes me proud to be a part of this organization! I know a huge part of the care we provide is due to generous donations from employees, patients, and friends in the community. It doesn’t take much from a single person, but each employee giving what they can makes a real impact.

I give because I want to support our Foundation, which works tirelessly to raise funds to provide quality care for those who need it most. I give because I believe in Dignity Health’s mission, and I know that it is lived out in our work and in our decisions. I give because I appreciate all that St. Rose has done for families like my own, and I want to carry that kindness forward.”

—Asia Dean, Director of Strategy/Business Development

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 509(a)(3) of the Internal Revenue Code. Contributions are tax-deductible in accordance with state and federal regulations.

Powerful tips! Take care and stay well

5 ways
to protect
against
the flu



- ✓ **Get a flu shot every year.** Health experts urge vaccination for almost everyone 6 months and older, ideally in the fall. Why? It’s the best way to lower your risk of the flu.
- ✓ **Wash your hands often.** Clean hands are especially important during flu season. Use soap and water or, in a pinch, an alcohol-based hand sanitizer.
- ✓ **Keep your distance.** Try to avoid close contact with sick people and their germs.
- ✓ **Avoid touching your face with unwashed hands.** This helps keep germs from entering your body through your eyes, nose, or mouth.
- ✓ **Boost your immunity.** Help your system be at its best with healthy foods, regular exercise, and plenty of rest.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention



What if you do get the flu? Taking a prescription antiviral drug—ideally within two days of feeling sick—may make your illness milder and shorter. Need help quick? The Dignity Health Urgent Care Center in Henderson is here when you need us. Call **702.616.7780** for hours and information.



Empowering mothers, protecting babies

Coming together to change lives in harm's way from opioid addiction

Our babies are precious blessings. Sadly, many newborns in the U.S. are born addicted to opioids. It's a serious concern in southern Nevada, and St. Rose Dominican is dedicated to caring for these infants—and to helping pregnant women who are battling addiction.

That's where a unique St. Rose program comes in. It's called EMPOWERED, and it's on a mission: Ensure a kinder and healthier future for moms and babies in our community.

Seeing a need for help and humankindness

In southern Nevada, an increasing number of women of childbearing

age are struggling with addiction to opioids and other drugs, says Andria Peterson, PharmD, clinical pharmacy specialist in pediatrics/neonatology at St. Rose Dominican. When they give birth, their babies are born dependent on the substances their mothers used.

These newborns experience withdrawal—what's known as neonatal abstinence syndrome, or NAS. Symptoms include tremors, seizures, problems sleeping, irritability, and weight loss. Most babies are treated in a neonatal

intensive care unit (NICU) for days or even weeks before they can go home.

“In the past four to five years, we've seen a big influx of babies in our NICUs who are being treated for withdrawal,” says Dr. Peterson, who works with Deepa Nagar, MD, a neonatologist affiliated with Mednax at St. Rose Dominican's Siena Campus.

The doctors conducted a study of St. Rose NICU babies who were experiencing withdrawal and



Andria Peterson, PharmD

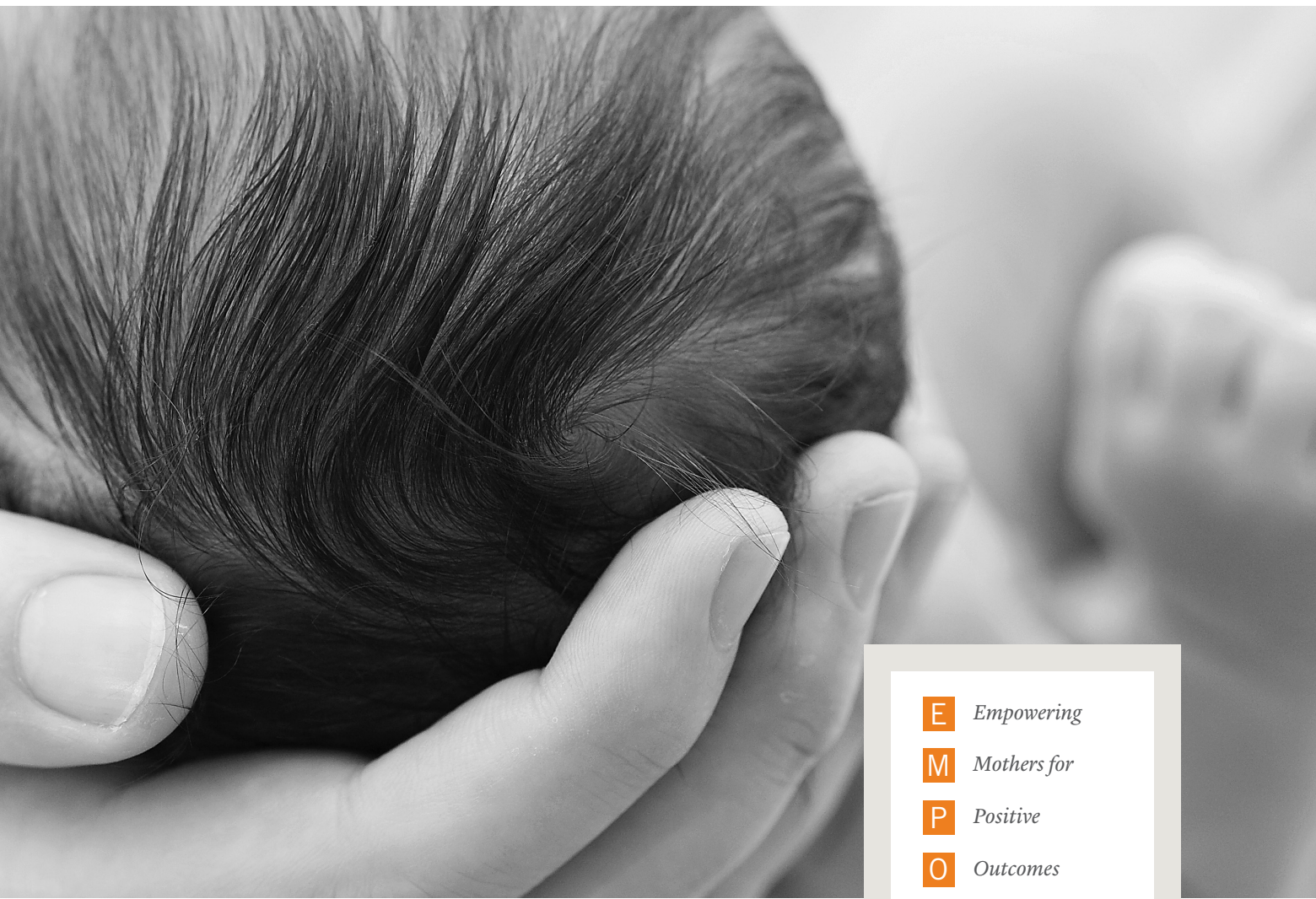


Deepa Nagar, MD

“Substance abuse does not discriminate. It affects women across all racial, ethnic, and socioeconomic groups.”

—Andria Peterson, PharmD, clinical pharmacy specialist in pediatrics/neonatology at St. Rose Dominican





found very concerning results.

“When we compared Nevada’s overall numbers to the rest of the U.S., we found the number of babies being treated (for opioid withdrawal) was nearly double the national average,” Dr. Nagar says. “Looking even closer—at babies in the two St. Rose NICUs—we found that 77 percent of these babies’ mothers were using more than one substance during their pregnancy, and 34 percent of the babies went home to someone other than their mothers, placing a terrible burden on our foster care system.”

Realizing the depth of the problem, Drs. Nagar and Peterson took action. They talked with senators, state representatives,

and other key members of the community, including Stephanie Woodard, PsyD, Director of Behavioral Health for the state of Nevada. Dr. Woodard was instrumental in helping obtain a grant for EMPOWERED.

Offering moms-to-be hope

With community support, EMPOWERED was launched this summer at St. Rose Dominican. It helps pregnant mothers who are battling addiction get access to care in a safe, supportive environment.

EMPOWERED provides support and resources—for both mother and baby—during prenatal, postpartum, and early childhood development.

- E** Empowering
- M** Mothers for
- P** Positive
- O** Outcomes
- W** with
- E** Education,
- R** Recovery, and
- E** Early
- D** Development

“Pregnancy is a time of great potential for positive change,” Dr. Nagar says. “During pregnancy, a woman can often envision a different future for herself and her child. When women are motivated to change, they may be more successful at discontinuing substance use. We are hoping to

—Continued on page 6

Empowering, protecting

—Continued from page 5

not only change the life of the baby, but also his or her mother's life, by helping ensure healthy lives—free from addiction.”

EMPOWERED works with women to make sure they get the mental health support and medical treatment they need. Expectant and new mothers are also supported in a number of ways through St. Rose's Community Outreach Centers, including:

- Education on neonatal abstinence syndrome
- Group peer support
- Lactation support
- Parenting classes
- WIC services

“Educating mothers is a huge component of EMPOWERED,” says Holly Lyman, MPH, CLC, Director of Community Health for Dignity Health–St. Rose Dominican. “Our NAS classes help moms become experts on their own babies ... showing them symptoms to look for so they know if medical treatment is needed.”

Connecting in the community

The EMPOWERED team continues to raise awareness of the program locally and of the resources available to help. When obstetricians and other providers know, they can guide pregnant



Off to a difficult start

Symptoms of NAS (withdrawal) in babies:

- W** **Wakefulness**, problems with waking or sleeping
- I** **Irritability**, difficulty self-soothing, high-pitched cry
- T** **Tremors**, twitching (seizures are a rare occurrence)
- H** **Hypertonia** (stiff muscles), hyperactive reflexes (exaggerated startle reflex)
- D** **Diarrhea**, diaphoresis (sweating)
- R** **Regurgitation** (spitting up) and/or poor suck (weak or frantic)
- A** **Apnea** (breathing problems), nasal flaring
- W** **Weight loss**, failure to gain weight

women who test positive for drugs toward the help they and their babies may need.

“The entire community has been very receptive and supportive in helping fight this epidemic,” Dr. Peterson says. “We’ve received support from government offices, police, support agencies, and more. It’s been a positive experience all the way around.”

Funding for EMPOWERED was provided through the Division by Grant Number 5H79TI080265-02 from the Substance Abuse and Mental Health Services Administration (SAMHSA).

What is NAS?

Almost every substance in a pregnant woman's blood can pass to her baby. Neonatal abstinence syndrome, or NAS, refers to the symptoms that babies may have when withdrawing from opiates, stimulants, sedatives, alcohol, and some antidepressants. Even if a medicine is used as prescribed, it may cause a baby to experience NAS. Heroin, morphine, codeine, oxycodone (OxyContin or Percocet), hydrocodone (Vicodin), meperidine (Demerol), and fentanyl are just some of the opioids that may cause NAS.



Help is a phone call away. The EMPOWERED help line: **702.616.4912**. Anyone can call!



Keep fright night fun

Safety tips for a happy Halloween

Will you be sending a superhero, a swashbuckling pirate, or a creepy zombie out this Halloween?

“Trick-or-treating in neighborhoods is fun, but it can put kids at risk, especially from vehicles,” says Emily Peterson, DO, FAAP, pediatrician at Dignity Health Medical Group. “Young children need close supervision by a trusted adult.”

Road rules for a safer holiday

Dr. Peterson suggests these tips to help trick-or-treaters of all ages return home safely.

Light the night. Add reflective tape to costumes and bags. Light-colored clothing is also best. Have everyone carry a flashlight or glow sticks—they can light the way and help drivers see little walkers.

Choose costumes with safety in mind. Children should be able to see clearly. Face paint or makeup is safest. Masks should fit well and have large eyeholes. Go with sturdy shoes that are good for walking—and make sure costumes are short enough to prevent tripping.

Stick together. Encourage your child to trick-or-treat with a group, and insist they stay together—especially when crossing streets. Only visit well-lit houses. Children should enter homes only if they are with a trusted adult—and should never accept rides from strangers.

Stay out of the road. Instruct children to walk on sidewalks whenever possible. Otherwise, they should always walk facing traffic and as far from the road as

Halloween party? Go as a safe driver to help keep kids safe. Get timely tips at StRoseReach.org.



possible. Remind kids to cross at crosswalks and to look left, right, and left again when crossing a street. Teach your child to make eye contact with drivers before crossing so they know they’ve been seen.

Be ready for an emergency. If your child has a cellphone, make sure they know how to call 911. And encourage them to do so if they’re lost or seriously hurt.

Parents: Be sure to check treats for choking hazards or tampering before allowing kids to eat them.



Here for your family. When your child needs emergency care, the time spent waiting in the hospital can make you more anxious. Now you can select an estimated arrival time and wait at home: Go to StRoseHospitals.org/ER and choose a time on the Emergency Room selector.



Strength to carry on

Maria Contreras has faced cancer—numerous times. She hasn't let it stop her, and she hasn't done it alone.

In 2005, Maria Contreras first learned she had breast cancer.

“Breast cancer does not run in my family,” says Maria. “So it was a real surprise when I was diagnosed with it.”

After her treatment, Maria was cancer-free for seven years—until 2012, when breast cancer came back. She was treated again, including having a lumpectomy. In 2016, she was diagnosed with breast cancer a third time. That's when her doctor told her about St. Rose Dominican's R.E.D. Rose program.

“Thanks to St. Rose and their R.E.D. Rose program, I was able to get the help I needed when I needed it the most.”

—Maria Contreras

A real difference

With the assistance of R.E.D. Rose funding, Maria was able to get the additional treatment she needed, including a total mastectomy, chemotherapy, and radiation. She also received financial assistance to help her pay for rent and utilities. “The WomensCare/Community Outreach Centers even helped me get health insurance,” Maria says.

After finishing chemotherapy, Maria learned that the cancer had spread to her thyroid. She’s had two thyroid surgeries at St. Rose Dominican.

Inspired and hopeful

Along the way, Maria has leaned on others and gained confidence in herself, too. “My husband travels a great deal, so I’ve had to learn how to be more self-sufficient,” Maria says. Most of Maria’s extended family is in Mexico, so they offer their support through caring phone calls.

“Through this journey, I’ve met a lot of people who have really inspired me to keep fighting even though it’s difficult,” she says. Today, Maria is hopeful she’s free of cancer. “I’m still trying to stay strong.”



The breast cancer gene. Wondering if you should have genetic testing for breast cancer? Learn more with a helpful tool at StRoseReach.org.



ROSE REGATTA DRAGON BOAT RACE & FESTIVAL

Community strong

Dragons and boats and roses, oh my!

We’re off to the races for a good cause. Support R.E.D. Rose at the annual Rose Regatta Dragon Boat Race & Festival—cheer on racers and enjoy a great day at Lake Las Vegas!

**Races start at 8 a.m.
Saturday, Oct. 13.**

See the full schedule at lvdragonboatclub.com.



R.E.D. Rose closes the gap

The R.E.D. (Responsible Early Detection) Rose program is a collaborative effort between St. Rose Dominican hospitals and Susan G. Komen for the Cure. The program provides free clinical breast exams, mammograms, ultrasounds, biopsies, surgical consultations, and support services to women and men 49 and younger who lack adequate health care coverage.

Bilingual services are available. For information, call **702.616.7525**.

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UnitedHealthCare

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Bank of America
Comprehensive Cancer Centers of Nevada
Levi Strauss & Co
Pueblo Medical Imaging
Quest Diagnostics
Radiology Associates of Nevada



A stroke is a medical emergency. Call 911 right away.

St. Rose shines in stroke care

Dignity Health—St. Rose Dominican’s effective efforts to speed recovery and reduce death and disability in stroke patients has been recognized by the American Heart Association/American Stroke Association.

The Rose de Lima and Siena Campuses earned the AHA/ASA’s 2018 Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award.

The San Martín Campus earned the 2018 Get With The Guidelines® – Stroke Silver Plus Quality Achievement Award, and both the **San Martín** and **Siena Campuses** qualified for the Target: Stroke Honor Roll.



Stroke? Act F.A.S.T.

During a stroke, blood flow to the brain is blocked or interrupted. When that happens, brain cells start to die.

“When a stroke strikes, time is of the essence,” says Anthony DiCamillo, DO, a licensed neurologist with privileges at Dignity Health—St. Rose Dominican. “Quick treatment can reduce the risk of serious complications and save a life.”

Know the signs of stroke. It helps to think F.A.S.T.:

F Face drooping. Is one side of the face drooping or numb? Ask the person to smile—is their smile uneven?

A Arm weakness. Is one arm weak or numb? Ask the person to raise both arms out to their sides, and take note if one arm drifts downward.

S Speech difficulty. Can the person speak at all? Is speech

slurred or otherwise difficult to understand? Ask the person to repeat a simple sentence. Can they repeat it correctly?

T Time to call 911. If a person has any of these symptoms, call 911—even if the symptoms go away. Also let medical personnel know what time the symptoms started.

5 for life

What’s better than stopping a stroke? Preventing one! Here are five key prevention steps:

1. Keep blood pressure and cholesterol in healthy ranges.
2. If you have diabetes or heart disease, work with your doctor to manage your condition.
3. Maintain a healthy weight.
4. Eat a nutritious diet.
5. Get regular exercise.

Sources: American Heart Association; National Institutes of Health; National Stroke Association

For your health

Calendar of classes and events | Fall 2018



Rose Regatta Dragon Boat Festival

For more information on 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. Dates, times, and registration at meetup.com/LVDragonBoatClub.
LIV \$10 per person

Walking Clubs

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

Take It Easy Yoga

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

Gentle Yoga

Gain flexibility and balance.
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



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

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.
Tuesdays, 10 to 10:45 a.m.
WEST FREE

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

Belly Dancing

Saturdays, Oct. 13, Nov. 10, Dec. 8, 10:30 a.m. to noon
WEST FREE

Nutrition

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, 8 a.m. to noon
GV WIC: FREE

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.
Wednesday, Nov. 7, 6 to 8 p.m.
GV \$25 (includes CD)

Nutrition Consultations

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

Flexible, convenient times available Monday through Friday. 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!
Fridays, Oct. 12 to Nov. 16, 1 to 3:30 p.m.
GV FREE

Energy Healing Circle

Reduce stress and heal with chakra balancing.
Wednesdays, Oct. 3, Nov. 7, Dec. 5, 7 to 8 p.m.
WEST FREE

Balancing Energy Fields

Release the past and embrace the future through EFT, sound therapy, and meditation.
Wednesdays, Oct. 10, Nov. 14, Dec. 12, 6 to 8 p.m.
WEST \$5

Relaxation Meditation

Practice techniques that promote peace and health.
Wednesdays, Oct. 3, Nov. 7, Dec. 5, 5:45 to 6:45 p.m.
WEST FREE
Tuesdays, Oct. 9, Nov. 13, Dec. 11, 5:30 to 6:30 p.m.
GV FREE

MORE

HIGH Fitness Instructor Training

Interested in becoming a certified High Fitness aerobic instructor? Call **702.616.4922** for information on one-day training.

For your health

Calendar of classes and events | Fall 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.

Stop the Bleed

In partnership with the city of Henderson, 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.

Thursday, Nov. 15, 5 to 6 p.m.

GV FREE



Diabetes Management

What Is Prediabetes?

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

Friday, Oct. 12, 9 to 11 a.m.

Tuesday, Nov. 6, 3 to 5 p.m.

Wednesday, Dec. 12, 9 to 11 a.m.

GV \$10

Thursday, Dec. 13, 4 to 6 p.m.

WEST \$10

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

Essential Oils

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

Thursdays, Oct. 25 and Nov. 29, 6 to 8 p.m.

GV 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

Safe Sitter

Youth ages 11 to 16 learn safe, nurturing child care techniques and medical emergency management.

Monday, Nov. 12, 9 a.m. to 3:30 p.m.

GV \$20 (includes lunch)

Relax and Paint

Join us for an evening of creativity as we paint.

Wednesday, Oct. 24, 6 to 9 p.m.

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

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 Oct. 3, 4 to 5 p.m.

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

Gestational Diabetes

Meet one-on-one with a certified diabetes educator. Call **702.616.4975** for an appointment.



Hello humankindness.

We can't wait to meet you! Fun, friends, and fellowship—it's here for you. See how others have found support and community in St. Rose classes and programs. Watch the video at StRoseReach.org.

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



LOCATION KEY

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

LLV Lake Las Vegas



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.

Monday, Oct. 22, 4:30 to 6 p.m.

Thursday, Dec. 13, 10 to 11:30 a.m.

GV FREE

Tuesday, Nov. 13, 1 to 2:30 p.m.

WEST FREE

Smoke Free!

Freedom from Smoking

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

Mondays, Oct. 1 to Nov. 12, plus Wednesday, Oct. 24, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Dec. 5, 6 to 8 p.m.

GV \$25 (includes CD)

Cancer Screenings & Survivorship

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the R.E.D. Rose Program at **702.492.8557** if you are 49 or younger. Funded by Susan G. Komen for the Cure.

Hello humankindness..

“O, be swift to love! Make haste to be kind.”

—Henri-Frédéric Amiel

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

Tuesdays, Oct. 2, Nov. 6, Dec. 4, 6 to 7 p.m.

Thursdays, Oct. 18, Nov. 15, Dec. 20, 6 to 7 p.m.

Screenings

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, Nov. 15, 7 to 10 a.m.

GV See prices above.

Appointment required.

Thursday, Dec. 13, 7 to 9 a.m.

WEST See prices above.

Appointment required.

Metabolic Testing

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

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.
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- Parenting Support
- R.I.S.E. (restore, inspire, support, and educate) postpartum depression and anxiety support group
Every second and fourth Friday, noon to 1 p.m.
GV FREE
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults

MORE

Diabetes Self-Management Program

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

Wednesdays, Oct. 10 through Nov. 14, 9:30 a.m. to noon

GV FREE

Diabetes Survival Skills

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

Friday, Oct. 19, 10 a.m. to noon

GV \$20

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, Oct. 17, 10 to 11:30 a.m.

HEND FREE

Thursday, Nov. 29, 10:30 a.m. to noon

WEST FREE

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

GV FREE

Uninsured?



Open enrollment is **Nov. 1 through Dec. 15**. We will have Exchange Enrollment Facilitators available at all of our Outreach Centers and in the Neighborhood Hospitals. The number to call is **702.616.4904**.

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 | Fall 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.

Pregnancy & Childbirth

Text4Baby

Text **BABY** to **511411** to get FREE cellphone tips and reminders throughout your pregnancy and your baby's first year.

Fit 4 Baby

Join FIT4MOM® Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching, and balancing exercises. Register at lasvegas.fit4mom.com or by calling **702.882.1795**.
Saturdays, 10 to 11 a.m.
GV 10 classes for \$110

Car Seat Safety Checks

Call **702.616.4902** for an appointment.
Tuesdays, Oct. 2, Nov. 6, Dec. 4, 10 a.m. to noon
WEST \$10
Fridays, Oct. 12, Nov. 9, Dec. 14, 1 to 5 p.m.
GV \$10
Fridays, Oct. 19, Nov. 16, Dec. 21, 1 to 5 p.m.
GV \$10

Prenatal classes

Baby Basics

GV \$30

Breastfeeding

GV \$30

Childbirth Express

GV \$35

Daddy Boot Camp

GV \$20



R.I.S.E.

Restore, inspire, support, and educate—a support group for moms and families.

Fridays, Oct. 12, 26, Nov. 9, 23, Dec. 14, 28, noon to 1 p.m.

GV

Gestational Diabetes Consultations

Call **702.616.4975**.

Infant CPR

GV \$20

Prepared Childbirth

GV \$50

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: **800.784.8669**.

Breastfeeding

Breastfeeding Helpline and Consultations

Call **702.616.4908** for help or a private appointment with a certified lactation counselor.
GV WEST \$50

Baby Weigh Stations

Baby weight checks. No appointment necessary.
GV WEST HEND FREE

Breast Pump Rentals

Rent the Medela Symphony, a hospital-grade, double-electric pump.
GV WEST

New Mommy Mixer

Mondays, 11 a.m. to noon
HEND FREE

Wednesdays, 11 a.m. to noon
WEST FREE

Fridays, 11 a.m. to noon
GV FREE

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

Support for moms-to-be and new moms

Did you know that up to 20 percent of pregnant and new moms experience some form of anxiety or mood disorder?

Anxiety and mood disorders are treatable!

Visit nvmch.org for information, support, and resources.

Infants, Children & Parenting

Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.
Fridays, 12:30 to 1:30 p.m.
GV 10 classes for \$110

Zumbini

Enhance your child's motor and cognitive skills and developmental milestones through dancing exercises, fun props, and parent participation.

Tuesdays, 11 to 11:30 a.m.
WEST FREE

Thursdays, 9:15 to 9:45 a.m.
HEND FREE

Thursdays, 11:15 to 11:45 a.m. or noon to 12:30 p.m.
GV FREE

Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

Fridays, 11:30 a.m. to 12:30 p.m.

WEST \$3 per class or eight sessions for \$20



FREE Birth Center Tours

San Martín Campus: Third Saturday mornings and every Tuesday evening

Siena Campus: First and third Saturday afternoons and second and fourth Monday evenings

Register at StRoseHospitals.org/classes.

✳ Off to a healthy start! Find more helpful resources for families at nvmch.org.

Toddler Play Group

Toddlers ages 3 and under join us for music and movement.

Tuesdays, 12:30 to 1:15 p.m.

GV FREE

Tuesdays, 3 to 4 p.m.

WEST FREE

Infant Development

Learn the ins and outs of baby cues, as well as nutrition. A development playgroup for babies up to age 1.

Mondays, 2 to 3 p.m.

GV FREE

Sing and Sign: Food Time

Learn ASL signs for healthy foods using songs, books, and toys. For parents with children ages newborn to 2 years.

Tuesdays, 2 to 2:30 p.m.

GV FREE

Thursdays, Oct. 4, 18, Nov. 1, 15, Dec. 6, 20, 1 to 1:30 p.m.

WEST FREE

Fridays, Oct. 19, Nov. 16, Dec. 21, 11 to 11:30 a.m.

HEND FREE

Infant Nutrition

A registered dietitian leads a weekly mommy-baby group focused on homemade baby food, weaning, starting solids, and more.

Wednesdays, 2 to 3 p.m.

GV FREE

Wee Can Sign: Baby Sign Language Level I

Three-week series for parents with babies up to 1 year old.

Visit weecansign.com.

Saturdays, Oct. 20, 27, Nov. 3, 10:30 to 11:30 a.m.

Thursdays, Nov. 1, 8, 15, 10:30 to 11:30 a.m.

Saturdays, Dec. 1, 8, 15, 10:30 to 11:30 a.m.

Thursdays, Dec. 6, 13, 20, 10:30 to 11:30 a.m.

WEST \$69 (includes *Sign with Your Baby* DVD)

Sing and Sign: Baby Sign Language Level II

For parents with toddlers ages 1 to 3. Visit weecansign.com.

Thursdays, Oct. 4, 11, 18, 10:30 to 11:30 a.m.

Saturdays, Dec. 1, 8, 15, noon to 1 p.m.

WEST \$69 (includes Pick Me Up kit)

Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities—from the garden to the kitchen! Ages 1 to 4.

Thursdays, 11 a.m. to noon

HEND FREE

Fresh Start: Pre-K Ready!

A series of preschool readiness activities led by The Children's Cabinet.

Thursdays, Oct. 11, 25, Nov. 8, Dec. 6, 10 to 11 a.m.

HEND FREE

Crawlers and Climbers

Little ones safely explore through texture and climbing structures. Ages 9 to 24 months.

Fridays, Oct. 5, 19, Nov. 2, 16, Dec. 7, 21, 10 to 11 a.m.

HEND FREE

Parenting with a Purpose and Pancakes!

Learn Love and Logic techniques over healthy treats! Ages newborn to 5 years old.

Fridays, Oct. 12, Nov. 9, Dec. 14, 9:30 to 10:30 a.m.

HEND FREE

PBS Vegas Keeping Kids Fit

Learn about good nutrition and exercise while doing fun, interactive activities! Ages 1 to 5 years old.

Wednesdays, Oct. 24, Nov. 7, 3 to 4 p.m.

HEND FREE

13th Annual Pet Blessing and Animal Fair

Join us for a fun day with your beloved critters!

Saturday, Nov. 3, 1 to 3 p.m.

See page 16.



St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call **702.616.4905**. **GV WEST HEND** FREE



My Baby App

Dignity Health's pregnancy tracker provides valuable advice during your pregnancy. Download the My Baby App from the App Store or Google Play to track pregnancy milestones, identify symptoms, and connect to services for a healthier pregnancy.



My Baby
By Dignity Health®

13th annual Pet Blessing and Animal Fair

Saturday, Nov. 3, 1 to 3 p.m.

San Martín Campus: Healing Garden
8280 W. Warm Springs Road,
Las Vegas

Treat your pets to a fun day:

- A group pet blessing at 2:30 p.m.
- A variety of pet-related booths with information, demonstrations, and drawings
- Light refreshments

Contest prizes will be awarded for:

- Best Dressed
- Best Trick
- Best Pet/Owner Look-Alike

Toss us your towels! We're asking for clean, new, or used towels to donate to local pet shelters.

For more information,
call **702.492.8509**.



Gavin speaks

Learn just how
he wiggles his
way into hearts

For Brenda DiVincenzo, the best part about visiting patients with her pet therapy dog, Gavin, is watching him brighten people's days. "I enjoy sharing Gavin with people and seeing the meaningful difference he makes," she says.

For seven years, Brenda and Gavin have been sharing their time and compassion with St. Rose Dominican patients. Recently, *Reach* caught up with the caring duo. *Side note: Gavin's dog breed, vizsla, originated in Hungary. So we were a bit surprised by his Scottish accent.*

Q. How did your career get started?



Photos by Brenda DiVincenzo



A. I'm a rescue. Brenda adopted me as a wee pup. At age 4, she saw my potential and enrolled me in pet therapy training. I was a natural, a real rock star, as the kids say.

Q. What's a good day at St. Rose?

A. I get to meet a lot of interesting people. They pet me, ask Brenda questions about me, and show us their pet pictures. Did I mention I get back scratches?

Q. How do you think Brenda would describe you?

A. Aye, good question. Let's go with oh-so-handsome and calm under pressure.

Q. What's your secret to making people happy?

A. Some say it's my wiggly *bahookie*—oh, maybe I should explain. I do this thing where my whole backside moves whenever I wag my tail—like Elvis performing "Hound Dog." But here's the real trick: I'm genuinely interested in people. They make *me* happy.

Q. How do you enjoy your spare time?

A. I like to snuggle—I'm a 65-pound lapdog. And I love hanging out with my brother, Copper. We're quite a pair!



Get more Gavin at StRoseReach.org! See his happy wiggle caught in action—and photos of him and Copper.