

WomensCare

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

SUMMER 2007

**60 Years
of Caring
for Our Desert
Community**

**Seniors: Lifting the
Spirits of Their Peers**

**Healthy U:
The Healthy
Student Body**

The BARBARA
GREENSPUN

WomensCare 

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW



Savannah Suede Stretch Belt \$76
Savannah Suede Hobo \$290

Upcoming Promotions

Brighton Illuminates September 1 - 16

Receive an exclusive, beautifully designed ceramic candle with your Brighton purchase of \$100 or more.

Brighton's Power of Pink September 29 - October 31

Support Breast Cancer by purchasing an exquisitely designed Power of Pink jewelry collection. For the first time ever, Brighton is unveiling an entire collection that consists of a necklace (\$50), a bracelet (\$50), and a pair of earrings (\$34). You can purchase the entire set or a single piece.

Brighton will donate \$5 for each necklace and bracelet sold and \$2.50 for each pair of earrings.

Brighton[®]COLLECTIBLES

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The Forum Shops at Caesars • Miracle Mile Shops at Planet Hollywood Resort & Casino
McCarran International Airport • Grand Canal Shoppes at The Venetian

Sister Nadiya: Shifting Sands



As St. Rose Dominican Hospitals celebrate its 60th anniversary, we recall the seven Adrian Dominican Sisters who came to our dusty deserts to found a ministry of hope and healing with a focus on those in need; and we express our gratitude for all the women religious who have followed in their footsteps.

Sister Nadiya Shamees, a Dominican sister, is among a number of women religious ministering to the emotional, spiritual and physical needs of St. Rose's patients and our community today.

Sister Nadiya is a native of another desert land – Iraq – where she attended a school run by Dominican sisters. (Dominicans have ministered in Iraq since the late 1800s.) Like them, Nadiya aspired to live a life of service to God and to people. She entered the Dominican convent in 1995, earned her degree as a registered nurse, and went to work in a hospital maternity ward.

In 2004, Nadiya was sent to Italy and then on to Adrian, Michigan. She joined St. Rose Dominican Hospitals in 2006 where she admires the positive relationship that the doctors and nurses enjoy and the true concern nurses express for their patients. Quite naturally, however, she looks forward to more peaceful times when she can leave our desert and return to her native desert to minister. This is of particular concern after an April car bombing outside a Dominican convent in Iraq that harmed three sisters.

Read Adian's story (pictured above with Sister Nadiya) on page 16. Read about St. Rose Dominican Hospitals' recent peace project on page 31.

letter

FROM THE PRESIDENT



Dear Readers,

Sixty years ago, seven sisters journeyed from Adrian, Michigan to Henderson, Nevada, a town that rose up out of the desert during World War II. The town's industrial plant produced magnesium – the “miracle metal” used to make the munitions that enabled the allied forces to win the war.

When the war ended in 1945, the government sold its assets in Southern Nevada, including the magnesium plant and a hospital which cared for the plant's workers and families. The Sisters purchased the facility, which they renamed Rose de Lima Hospital. But, by the time they arrived, many plant employees had moved away from Henderson and more than half the homes built to house BMI workers fell vacant. Henderson might have become a ghost town but the pioneering Sisters cared for the townfolk and infused the hospital and the community with the spirit of sisterhood.

Joan McSweeney, a former University of Nevada Las Vegas professor and St. Rose's Women Committee member, researched the sisters' impact on Henderson. She says, “Without the magnesium factory and hospital, there would not have been a city of Henderson. Once the war was over, finding someone to maintain the hospital was among the most important steps in keeping the city alive. It wasn't just a few patients the Sisters cared for; they helped breathe life into an entire community.”

We feel privileged to be part of the Adrian Dominican Sisters' living legacy and honored to care for all who live and play in Southern Nevada.

Rod A. Davis
President/CEO, Nevada Market Area and
St. Rose Dominican Hospitals - Siena Campus

WOMENSCARE CENTER

Director: Holly Lyman, CLC
Staff: Marie Bevins, RN, IBCLC; Jennifer Findlay, CLC; Amy Godsoe; Trianna Hunter, RN, CLC; Tawanda McIntosh CLC; Kim Riddle, CLC; Roxana Rodriguez, CLC; Pam Rolfe; Linda Roth, CLC; Avery, Short CLC; Patty Vanderwal

WOMENSCARE MAGAZINE

Editor/Writer: Shauna Walch
Staff: Kim Haley, Tammy Kline, Andy North
Designer: Brad Samuels

WomensCare

St. Rose Dominican Hospitals are dedicated to meeting the unique health care concerns of women. The Barbara Greenspun WomensCare Center of Excellence and WomensCare Magazine are our commitment to the women of Southern Nevada.



St. Rose Dominican Hospitals
A member of CHW

I'm SAD and in Need of Support



Dorothy loves the desert. She does not even mind the extreme heat. In fact, when the dog days of summer set in and her friends begin pining for fall, Dorothy dreams of an endless summer. That is because the change of season brings shorter days, fewer hours of sunlight and a serious change in Dorothy's mood.

Dorothy suffers from seasonal affective disorder (SAD), a type of depression that reoccurs at specific times of the year. While the exact cause of SAD is unknown, the time the sun rises and sets, the number of daylight hours and the amount of direct exposure to daylight a person receives can affect suffers of SAD. Learn more about SAD on page 6.

"Winters are hard for me even here in Southern Nevada," says Dorothy. "So last fall, I was intent about doing something about it. I started looking for something to do – a reason to get up, to get moving and out of the house each day."

On November 1, she opened her mail to find the fall edition of *WomensCare* magazine. She had received and read the magazine before, but this time, a light went on as she read about women who joined together to knit prayers shawls for patients. "It was a perfect opportunity," says Dorothy, who signed up

for the *WomensCare* Center's knitting circle and completed 18 prayer shawls within weeks. "The sense of accomplishment I felt really helped me with my depression," she says.

With a renewed sense of self, Dorothy signed up for more offerings — a class on cholesterol, one on nutrition and a free skin cancer screening. "So many of the classes seemed to apply to me and I felt so supported at the classes. The *WomensCare* staff is very encouraging," says Dorothy. "Attending classes helped keep my depression down, and along the way, I learned a lot of things about my health that I wouldn't have otherwise known."

Dorothy's story is her own, yet not entirely unique. Shirley, a retiree who suffers from fibromyalgia and lupus, also found assistance through The Barbara Greenspun *WomensCare* Center of Excellence. "I spent nearly four months in bed brought on by the

stress of moving to Southern Nevada. It was painful, but I did not want to take traditional medications," she says. "The first time I visited the *WomensCare* Center of Excellence, I attended an Alcoholics Anonymous meeting." Shirley has been sober for 29 years, but thought the meeting might give her some fresh ideas about alternative approaches to pain relief and healthy living. By the time she left the center that day, she was signed up for *WomensCare*'s tai chi, yoga and nutrition classes. Today, Shirley has more energy and about 60 percent less pain.

Supporting Seniors

Dorothy and Shirley are just two of the many seniors who have come to the *WomensCare* Center looking for support with health and lifestyle issues that affect them or their families. They have received suggestions and solutions not only from class

instructors and support group facilitators, but also from peers who have sat beside them.

The solidarity between seniors gave the WomensCare Center staff the inspiration to implement a senior-to-senior support program, according to Holly Lyman, director of the WomensCare Center. Holly reached out for guidance to Glendale Memorial Hospital, a CHW hospital facility that has had many successful years running such a program. In the process, she had the good fortune to meet Suzanne Moore, a retiree who served as a peer support counselor at Glendale Memorial before she relocated to Las Vegas. Suzanne could not wait to help the WomensCare Center get its own support program up and running.

“Seniors suffer from the same type of issues that effect younger people ... depression, stress, hurt, disappointment. But, often they have lost their spouse or best friend, so they need someone who will listen to their troubles,” says Suzanne. “Some clients will come in once, talk through an issue, get it off their chest and move on without coming back. Others need to talk out issues routinely, and some are so lonely that they benefit by simply having an appointment to keep with someone who will greet them by name and be willing to listen to them.”

WomensCare’s Senior Peer Support Program is now in the development phase and will continue to mature over the course of the next year with the nurturing help of a squad of senior support counselors willing to volunteer thier time to assist other seniors.

Suzanne Moore Senior Peer Counselor

Suzanne Moore loves to talk. Yet, she is even better at listening. “I think people would vote me the lady most likely to listen,” she says as she thinks back on her years as a college student advisor. “My doorway was always open and there was usually someone standing in it asking, ‘Do you have a minute? I have something I need to talk out.’”

Suzanne believes that the Senior Peer Counseling program will be a big plus to the community.



Building Support Volunteer Now!

If you have an open ear and a couple of hours each week to volunteer, Senior Peer Counseling may be right for you. Counselors are selected for their warmth, sensitivity and varied experience and receive close supervision and on-going training from licensed professionals.

Senior Peer Support Counselors help clients work through their feelings, recognize their

strengths, consider alternatives, learn coping skills and redirect their lives toward greater meaning and purpose. What does it take to become a Senior Peer Counselor?

- Men and women age 50 or over who enjoy working with seniors
- Ability to empathize with people of differing backgrounds and beliefs
- Attend a free 75-hour training program provided by St. Rose
- Commit to volunteer approximately six hours per week of for at least one year.

For information on volunteering as a Senior Peer Counselor, call 616-4902.

Two session Thurs. Aug. 16, 10 am; Tues, Aug. 21, 10 am

Coming In November!

Senior Peer Counseling provides confidential, personal and supportive counseling to seniors facing challenges and concerns such as aging issues, parenting aging parents, loss and bereavement, retirement, health problems, relationships and loneliness.

Calls for appointments will begin on November 1. Counseling sessions will begin mid-November. The scheduling phone number will be printed in the next WomensCare magazine. Client donations of \$10 per one hour session are suggested.



Is it more than the winter blues? Maybe it's SAD



If fall and winter get you down — really down — it may be more than the winter blues. It may be seasonal affective disorder (SAD), a type of depression which reoccurs at specific times of the year — typically between September and April, when daylight hours are the shortest. “The exact cause of SAD is unknown,” says Sister Judy Nelson, a clinical psychologist for St. Rose. “However, one of the hypotheses is that the body’s natural daily rhythms rely on the intensity of sunlight to provide adjusting cues. Thus, reduced exposure to sunlight in the fall and winter months may interfere with the body’s sense of routine and well being.”

According to Sister Nelson, many women do not seek treatment because their symptoms typically fade within a few months. However, the symptoms of SAD can be as serious as other types of major depression. Thus, if you think you may suffer from SAD, it is important to discuss it with your doctor.

One of the treatments for seasonal depression — light therapy — has been shown to reverse or diminish symptoms of depression. SAD patients sit under a light box that emits bright white, filtered fluorescent light (not ordinary household light) for a scheduled period each day. The length of time under the light, the brightness of the light, and the optimum hour for exposure are prescribed and adjusted much like a dose of medicine. Sister Nelson offers these self care tips for addressing SAD:

- **Natural Light** – Spend at least a half-hour outside during daylight hours. This is especially important if you work at night or in an office without a window.

- **Lighting** – Keep curtains and blinds open during the day hours and try the use of enhanced lighting throughout the house. But, dim the lights in the hour or so before you go to bed, in order to strengthen the positive effects of brighter light in the morning.
- **Rest** – Understand and accept that your body requires more sleep during winter months, but remember that excessive sleep can actually intensify symptoms of depression.
- **Exercise** – Engage in regular exercise to increase your energy and improve your mood.
- **Nutrition** – Make a concerted effort to eat a balanced diet. People with SAD tend to crave carbohydrates. Rather than denying yourself carbohydrates, try to choose healthy carbohydrates during winter months.
- **Reflection** – Make an effort to spend a few minutes of quiet time each day focusing on a positive reflection, praying or practicing breathing techniques that ease anxieties.

Symptoms of SAD may include the following:

- Change in appetite or weight
- Sleep problems
- Lack of energy
- Diminishing sex drive
- Body aches or pains
- Memory loss
- Inability to make decisions
- Problems concentrating
- Low self-esteem (feelings of worthlessness or guilt)
- Lack of interest in or enjoyment of activities
- Suicidal thoughts

Who's SAD?

Did you know that those most likely to be affected by SAD include children, adolescents, and women? In fact, 75 to 80 percent of those who suffer from seasonal affective disorder are women; the majority of women affected by SAD are over age 30.



Sister Judy Nelson, OP Clinical Psychologist

Sister Judy Nelson, OP is a clinical psychologist at St. Rose, who will provide oversight to the Senior Peer Support Program counselors and help assess when a client needs to be referred on to a physician, counselor.

In speaking of the support program, Sister Judy says, “How many times in our lives do we have the opportunity to have someone actively listen to us for 45 or 50 minutes without interjecting their own personal agenda ... That is a true gift in and of itself.”





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Compassion's Daughters



Compassion can be defined as a deep awareness of the suffering of another coupled with the wish to relieve it. It was personified by Sister Veronica, one of the many Adrian Dominican Sisters who helped shape the 60-year ministry of St. Rose. Sister Veronica founded St. Rose's Pastoral Care Department in 1989 to ensure that spiritual and emotional support was readily available to St. Rose's patients. Because she suffered from severe rheumatoid arthritis, Sister Veronica had an intimate appreciation for the physical affliction the ill and injured endure. She also understood their spiritual suffering and that of their loved ones.



St. Rose's perioperative director, Nancy Willets, remembers an evening she was called in for an emergency surgery on an elderly gentleman. "His wife was frail and anxious. Sister Veronica sat with the woman throughout the night," said Willets. It was after sunrise when the gentleman was moved from recovery to the ICU. Sister Veronica remained by the woman's side even though Sister herself was not well," said Willets.

Sister Veronica was admitted to the ICU that very same morning. When Nancy asked why she had concealed her own ailments, Sister Veronica told her, "I told someone and He helped me by giving me the strength I needed to get through the night."

"She put her faith in God and put everyone else's needs before her own," said Willets. Ella Blazard, a physical therapist for St. Rose during the 1990s, remembers finding Sister Veronica's scooter parked outside a patient's room. "The man was in great pain. It was very painful for Sister Veronica to walk, but she made it to his bedside and sat next to him," said Blazard. "When I looked into the room, Sister Veronica held his hand between her own, knotted

fingers. She was a truly compassionate woman. She was willing to suffer for patients."

Today, St. Rose Dominican Hospitals' three campuses have in-house chaplains available to discuss spiritual and emotional issues at times of illness and trauma," says Adrienne Benson, director of Spiritual Care Services.

"We strive to make a difference in the lives of patients and their caregivers."

St. Rose chaplains represent a variety of religions and expressions of spirituality. They often work in cooperation with local parishes, congregations and fellowships in order to provide for the spiritual needs of the individuals served. For more information on spiritual care, call 616-4555.

Also available to patients and their loved ones is palliative care. The term "palliative care" is most often associated with the terminally ill (those who have less than six months to live). However, at St. Rose Dominican Hospitals, palliative care services are extended to any patient facing a chronic illness, terminal or not.

St. Rose's Palliative Care program provides education, support and consultation to seriously ill patients and their families. Palliative care benefits seriously-ill and dying patients whose symptoms are difficult to manage, patients in need of coordination of care during a complex illness, patients and families who are struggling with decision-making about complex medical issues or who have conflicting goals related to medical care.

For more information on palliative care, call 616-4844.

Grand Opening Open Up and Say Ahhh!



Discover your personal path to enlightenment at a celebration of women taking place at the grand opening of The Barbara Greenspun WomensCare Center of Excellence's second location.

Enjoy an afternoon of illumination featuring a Chinese gongfu tea ceremony, tai chi demonstrations, blessing of medications and much, much more. Also, share your gift (a small piece of wisdom or inspiration) with us in exchange for our special Gratitude Gifts* designed especially for the opening of our second WomensCare Center.

Thursday, Oct. 18, from 2-6 p.m.
The Barbara Greenspun WomensCare Center of Excellence — WEST
7720 S. Cimarron Road, Building 2, Suite #195
The Tarkanian Professional Center
Las Vegas, NV 89113
(East of the San Martin Campus)
For information, call 616-4900

*WomensCare satchels and journals available while supplies last.

AUG • SEPT • OCT

Call (702) 616-4900 for information, reservations and to learn about other programs. All classes are held at the WomensCare Center unless otherwise noted.

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Health & Wellness



Exercise & Fitness



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Support Groups



Integrative Medicine



Health Conditions



Safety/Injury Prevention



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



Spanish Classes



HEALTH & WELLNESS

HELP HELPING HANDS

Needed: Volunteers to drive Henderson seniors to doctor's appointments, and donations of gently used medical equipment for community loan closet (walkers, wheelchairs). Call 616-6554 if you can help.

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness Program provides preventative health programming on modest or no-cost basis to help employers improve the health of their workforce. Call 492-8116 for more information.

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well-being through drumming. Bring a healthy food item to share.

1st Friday - Aug. 3 & Sept. 7; 6:30-8:30 pm

HEND

3rd Friday - Sept. 21, Oct. 19; 6:30-8:30 pm

WEST

LAUGHTER CLUB

Join Linda Garner, certified laughter leader, to laugh your way to goodhearted living.

2nd Wednesday - Aug. 8, Sept. 12, Oct. 10; 6:30-8 pm

WEST

KNIT TO HEAL

Knit prayer shawls for patients and loved ones.

2nd Thursday - Aug. 9, Sept. 13, Oct. 11; 10:30 am-noon

HEND

3rd Wednesday - Sept. 19, Oct. 17; 10:30-noon

WEST

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.

3rd Thursday - Aug. 16, Sept. 20, Oct. 18; 2:30-3:30 pm

HEND

MEDITATION

Experience relaxation with a different technique each time.

Monday, Aug. 20, 6-7 pm

Thursday, Sept. 13, 6-7 pm

Thursday, Oct. 11, 6-7 pm

HEND

Tuesday, Sept. 11, 6:30-8 pm

Tuesday, Oct. 9, 6:30-8 pm

WEST

TEA ETIQUETTE

Learn from the Special Tea Shoppe the Victorian style of tea etiquette.

Thursday, Aug. 30, 2-4 pm

WEST \$5 per person

AROUND THE WORLD OF TEA

Journey through time and far away lands to learn the legends and lore of tea with teas from China, Japan, India, England and the Americas. Presented by Special Tea Shoppe.

Wednesday, Sept. 5, 2-4 pm

WEST: \$5 per person

GIRL TALK

Mothers and daughters (10-14 yrs.) join Dr. Carrie Wijesinghe to discuss female puberty.

Thursday, Sept. 13; 6:30-7:30 pm

WEST

CREATIVE ART PLAY

Havi Mandell's workshop will jump start your creativity through quick inspirations and exercises.

Thursday, Sept. 20; 6-7:30 pm

WEST

SACRED INSPIRATION CARDS

Create your own inspiration cards with collage images that provide empowerment. Two-session workshop with Havi Mandell.

Thursdays - Oct. 11 & 25; 6-7:30 pm

WEST: \$15 materials fee

LOCATIONS WITH MAP

SAN - San Martin Campus, Las Vegas
 WEST - WomensCare Center, Las Vegas
 MAC - Siena Campus-MacDonald Room, Henderson
 SGR - Siena Campus-Garden Room, Henderson
 RDL - Rose de Lima Campus, Henderson
 RAN - Rose de Lima Campus-Annex, Henderson
 HEND - WomensCare Center, Henderson
 FTF - Family to Family, Henderson



SummerCalendar

of classes and upcoming events

DRINK TO YOUR HEALTH

Discover teas, tisanes, and herbal infusions that not only taste good but also are very good for you! Presented by Special Tea Shoppe.
Friday, Oct. 12; 6-7:30 pm
WEST: \$5 per person

BREAST SELF-EXAM WORKSHOP

Learn corrects technique for breast self exam from St. Rose imaging technicians. Test your skills on identifying the lumps on our silicone models. Raffle drawing for the Mark for Life breast self-exam kits.
Thursday, Oct. 25; 6-7 pm
HEND

CAREGIVER WORKSHOP

Join The Center For Compassionate Care and learn how to care for loved ones at home. Topics covered: medications, safety, hygiene and stress management. (Lunch provided)
Saturday, Oct. 27; 10 am-3 pm
MAC



EXERCISE & FITNESS

BELLY DANCING WITH GOLDIE

Release your inner goddess through belly dancing!
Saturdays - Sept. 8 & Oct. 13; 10-11:30 am
WEST: Free

MOTHER DAUGHTER YOGA

Moms and daughters (ages 5-15) enjoy fun, healthy bonding.
MAC
Wednesdays; 4:30-5:30 pm
HEND: Free

HEALING YOGA

Mondays; 5-6 pm
HEND: Free

EVENING YOGA

Tuesdays; 6-7 pm
SAN: Free

WALK THIS WAY: WALKING CLUB

Walk your way to health. All ages and fitness levels (and strollers) welcome.
Tuesdays & Thursdays; 9-10 am
Call 616-4900 for meeting location: Free

THE AGELESS WOMAN WORKOUT

Learn breathing and yoga techniques as well as slow weighted movements that target the woman's aging zones.
Tuesdays & Thursdays; 9-9:45 am
HEND: \$5 per session (donated to the hospital)

YOGA WITH DR. DEBBIE

Tuesdays & Thursdays; 9-10 am
HEND: \$5 per session (donated to the R.E.D. Rose program)

INTENSE BODIES BY PILATES

Wednesdays; 10:30-11:30 am
WCC: \$3 per session (donated to the hospital)

YOGA WITH DR. DEBBIE

Tuesdays & Thursdays; 10-11 am
HEND: \$8 per session

RELAXATION YOGA

Relieve stress through meditation, movement, and gentle stretching yoga.
Wednesdays; 9-10 am
WCC: \$5 per session (donated to the R.E.D. Rose program)

INTENSE BODIES BY PILATES

Wednesdays; 10:30-11:30 am
HEND: \$8 per session

TAI CHI

Join Stella Huang to learn continuous flowing body movements that create balance for physical, emotional and spiritual well-being.

Beginner I Wednesdays; 2:30-3:30 pm
Beginner II Wednesdays; 3:30-4:30 pm
Intermediate I Tuesdays; 1:30-2:30 pm
Intermediate II Tuesdays; 2:30-3:30 pm
Advanced Wednesdays; 1:30-2:30 pm
HEND: Free

Demonstration Thursdays; 8:30-9:30 am
(for advanced class graduates)
SIENA - Healing Garden; FREE
Beginners Thursdays; 9-10 am
WEST: Free

NIA JOYFUL MOVEMENT

Learn fusion fitness dancing that encompasses dance, martial and healing arts.
Fridays; 9-10 am
HEND: First class free! \$5 per session or 5 sessions for \$20
Wednesdays; 6-7 pm
WEST: First class free! \$5 per session or 5 sessions for \$20

SUN STRIDERS MALL WALKERS

Join the Galleria at Sunset mall walkers. Food court doors open at 7 am daily.
Call 434-2409 for more information.



NUTRITION

NUTRITION CONSULTATION

Call 616-4900 for appt. with a registered dietitian.
HEND: \$45 for 30 minutes

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles, and nutritional considerations.
Monday, Aug. 27; 6-7 pm - Environmental impact of being vegetarian
Monday, Oct. 22; 6-7 pm - Creating vegetarian holiday dishes
HEND

RAW FOODS FOR BEAUTY

Learn from Kimberly Mac how to use raw foods to enhance your anti-aging potential.
Tuesday, Sept. 4; 6-7:30 pm
HEND

HEALTHY STEPS

Take the steps to a healthier lifestyle through education, goal setting, and motivation!
Monday, Sept. 24; 6-7 pm
HEND

CARDIAC NUTRITION

Learn from a registered dietitian how to eat for your heart's health.
Thursday, Aug. 30; 10:30 am-noon
WEST
Thursday, Oct. 25; 10:30 am-noon
HEND



SCREENING

METABOLIC SCREENINGS

How many calories do you need for basic body functioning? Come find out!
Fridays - Call 616-4900 for dates and appt.
HEND: \$15

PERIPHERAL VASCULAR DISEASE SCREENING

Let the St. Rose Radiology Department screen your legs for PVD.
Thursday, Sept. 13; 8 am-noon Call 616-4900 for appt.
HEND, Rehab Suite 140: Free
Thursday, October 25; 8 am-noon Call 616-4900 appt.
WEST

BONE DENSITY

How strong are your bones? Join Desert Radiologists for a free screening done on the wrist.
Wednesdays, Sept. 19; 1-3:30 pm. No appt. necessary
HEND: Free

HEALTH SCREENINGS

Total cholesterol \$2, lipid panel (LDL, HDL, triglycerides) \$30, Glucose \$5, PSA \$10, T3 & T4 \$10, TSH \$5, A1C (diabetes) \$10. 12-hr. fast required.
Thursday, Sept. 20; 7-10 am Call 616-4900 for appt.
HEND
Thursday, Oct. 18; 7-10 am Call 616-4900 for appt.
WEST

MEMORY SCREENING

An assessment provided by Senior Guidance will help determine if your memory loss is normal for your age.
Thursdays - Sept. 13 or Oct. 11; 10 am-2 pm
Call 616-4900 for appt.
HEND: Free

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Call (702) 616-4900 for information, reservations and to learn about other programs. All classes are held at the WomensCare Center unless otherwise noted.

SKIN CANCER SCREENING

Have a suspicious mole or spot? Have dermatologist Curt Samlaska, M.D. check it out.

Tuesday, Oct. 2; 1:30-3:30 pm

Call 616-4900 for appt.

HEND: Free

R.E.D. ROSE

Uninsured or underinsured? If you are age 49 or younger, you may qualify for a screening or diagnostic mammogram. Call R.E.D. Rose at 616-7525. For Spanish speaking, call 616-4824.

FREE MAMMOGRAM

Lack health insurance? Call the Nevada Health Center's Mammovan. Free mammograms by appointment for age and income eligible women without insurance.

POST-MASTECTOMY PROTHESIS & BRA FITTING

Uninsured? Call (877) 581-6266.



SUPPORT GROUPS

• AA For Women

Mondays, 7:30 pm & Wednesdays, noon. HEND
Fridays, 7 pm SAN

• Alcoholics Anonymous

Sundays, 6 p.m. MAC, Sundays, 7 pm SAN

• ALS Support Group

2nd Tuesday, 11:30 am HEND

• Alzheimers Support Group

4th Tuesday, 4:30 pm HEND

• Bereavement Support Group

2nd & 4th Wednesdays, 6 pm HEND

• Breast Cancer Support Henderson

2nd & 4th Mondays, 6 pm HEND
(Funded by the Komen for the Cure, Las Vegas Affiliate)

• CODA

Thursday, 4 pm HEND

• Daughters Without Mothers

1st Thursday, 6:30 pm HEND

• DBSA Depression & Bipolar Support Alliance

2nd & 4th Tuesday, 6:30 pm HEND

• Diabetes Support

1st Wednesday, 10 am HEND

• Eating Disorders Recovery Support

Saturdays, 9:15 am MAC-D

• Fibromyalgia Friends

3rd Thursdays, 6:30 pm MAC

• Gamblers Anonymous

Tuesdays, 6:30 pm
Fridays, 7 pm
Saturdays, 6 pm MAC

• Menopause Support Group

1st Thursday, 6 pm WEST

• Multiple Sclerosis Support Group

3rd Wednesday, 7 pm HEND

• Narcotics Anonymous

Wednesdays, 5:30 pm MAC

• Pregnancy Loss Support Group

4th Tuesday, 7 pm SGR

• RESOLVE Infertility Support

2nd Monday, 6 pm WEST-D

• Surviving Suicide, bereavement group for adults

1st & 3rd Tuesdays, 6:30 pm HEND



INTEGRATIVE MEDICINE

MIGUN THERMAL MASSAGE

Relax and enjoy the MIGUN massage bed.

Tuesdays & Thursdays; 9 am-6 pm Call 616-4900 for appt.

HEND: First 15-min. session free! Five 40-min. sessions for \$20

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

Thursdays - Sept. 20 or Oct. 18; 4:30-6 pm

HEND

REFLEXOLOGY FOOT MASSAGE

Schedule 30 or 60 minutes with Sarah Wagner (prenatal appointments available).

Wednesdays - Aug. 15 & Sept. 19; 10 am-noon

Thursdays - Aug. 9, Sept. 13, Oct. 18; 3-6 pm

Fridays - Aug. 24 & Sept. 28; 3-6 pm

HEND: \$30-30 mins.; \$60-60-mins. Call 616-4900 for appt.

Tuesdays - Sept. 25 & Oct. 30; 10 am-noon

Thursdays - Sept. 20 & Oct. 25; 3-6 pm

Fridays - Sept. 7 & Oct. 12; 3-6 pm

WEST: \$30-30 mins.; \$60-60-mins. Call 616-4900 for appt

HYPNOSIS FOR WEIGHT MANAGEMENT

Monday, Aug. 20; 6:30-8 pm

MAC: \$25 (includes CD)

HYPNOSIS FOR IRRITABLE BOWEL SYNDROME

Monday, Aug. 20; 6:30-8 pm

MAC: \$25 (includes CD)

CRANIOSACRAL MASSAGE THERAPY FOR MIGRAINES, TMJ & FIBROMYALGIA

Join Marcie Malloy, massage therapist, for this gentle method encouraging natural healing.

Saturday, Aug. 25; 10 am-2 pm

Wednesday, Sept. 26; 10 am-2 pm

HEND: \$30-30-minute massage Call 616-4900 for appt.

Wednesday, Oct. 3; 9-noon

WEST: \$30-30-minute massage. Call 616-4900 for appt.

AYURVEDIC MEDICINE BY DR. ERIKA CROTTA

Wednesday, Aug. 29 - Six stages of prevention; 6-7:30 pm

Wednesday, Sept. 26 - Good digestion is the basis of good health; 6-7:30 pm

Wednesday, Oct. 17 - Utilizing the cycles of nature to improve your health; 6-7:30 pm

WEST

PREPARE FOR SURGERY, HEAL FASTER

Learn to ease anxiety and speed surgical or medical recovery using mind-body techniques.

1st & 3rd Tuesdays; 2-3:30 pm

2nd Monday; 5:30-7 pm

HEND: Free

Can't attend the workshop? Borrow the class materials for free or purchase the book & CD for only \$35

TRAIN YOUR BRAIN

Learn to live a healthy lifestyle that improves brain function.

Thursday, Sept. 27; 1-3 pm

HEND

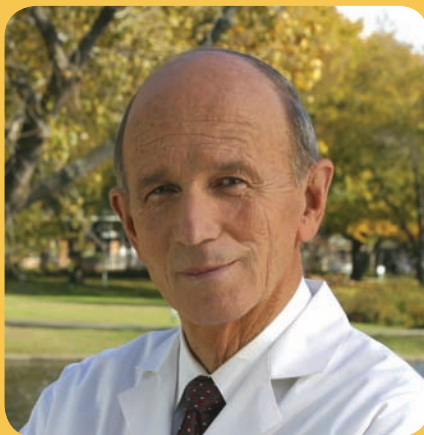


HEALTH CONDITIONS

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our ACS center for info., wigs, hats, turbans, and liquid supplements. Call 616-4900 for appt. HEND; WEST

HEALTHY HENDERSON



CELEBRATE HEALTH & LONGEVITY!

2007 Healthy Henderson Annual Health Fair

City of Henderson Events Plaza,
200 Water Street

- Health Fair: Ongoing from 8 am to 12 pm
- Fun Walk: Registration at 8 am; Begins at 8:30 am
- Dr. Cooper's keynote address: 10 am to 11 am

This is a free event open to the general public. Transportation will be provided from overflow parking at the Henderson Senior Center and the Valley View Recreation Center. For questions on this event please call the Valley View Recreation Center at 267-4060.

SummerCalendar

of classes and upcoming events

HUFF & PUFF CLUB

Parents and kids learn about the asthma process and how to avoid attacks. Free lung function test. Call 616-4900 to register.
Saturdays - Aug. 18 & Oct. 20; noon RAN
Saturday - Sept. 15; noon MAC

THE SCIENCE OF WEIGHT LOSS

Drs. Dominic and Lindsey Ricciardi explore the research on current medical and behavioral weight loss.
Mondays - Aug. 20, Sept. 24 or Oct. 8; 6-7:30 pm
WEST

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, mini-gastric bypass with Dr. Rutledge.
Tuesdays - Aug. 28, Sept. 25 or Oct. 30; 6-7:30 pm
MAC

DASH AWAY FROM HYPERTENSION

Learn to manage blood pressure through dietary approaches to stop hypertension (DASH) eating, exercise and stress reduction program.
Wednesday, Aug. 29; 2-4 pm
HEND

LOWER YOUR CHOLESTEROL WITH TLC

Learn how therapeutic lifestyle changes (diet, exercise, relaxation and supplements) can help manage cholesterol.
Wednesday, Sept. 5; 5:30-8:30 pm
HEND
Wednesday, Oct. 24; 9:30 am-12:30 pm
WEST

NEW! MENOPAUSE SUPPORT GROUP

Join Dr. Patti Beckstead and other women for support during all stages of menopause.
1st Thursday - beginning Sept. 6 & Oct. 4; 6-7:30 pm
WEST

BASIC DIABETES SELF MANAGEMENT

Join Dottie Stade, R.N., certified diabetes educator for this two-session class.
Wednesday & Thursday, Sept. 12 & 13; 1:30-3:30 pm
HEND

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and early recognition of stroke symptoms.
Monday, Sept. 17; 10-11 am
HEND

EAR DIAGNOSIS AT A GLANCE

Learn about ear infections, hearing loss and hearing aids from Dr. Susan Schwartz. Hearing screening included.
Tuesday, Oct. 23; 6-8 pm



SAFETY & INJURY PREVENTION

LIFELINE (Personal Emergency Response System)

Lifeline alarms provide immediate help in case of a fall or emergency enabling the frail and elderly to continue to live independently with peace of mind. For more information call 616-6540 (monthly fee)

HEARTSAVER CPR/AED

Learn AHA adult, child, infant CPR, AED, and choking, 2-yr. certification for the non-healthcare provider.
Friday, Aug. 17; 2:30-6:30 pm
Monday, Sept. 17; 9 am-1 pm
Friday, Oct. 12; 2:30-6:30 pm
Tuesday, Oct. 30; 5-9 pm
HEND: \$30 (includes AHA cert. card)
Saturday, Aug. 25; 9 am-1 pm
Wednesday, Sept. 26; 5-9 pm
WEST: \$30 (includes AHA cert. card)

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn the American Heart Association adult, child, infant CPR, AED, and choking, 2-year certification for all healthcare providers. Initial & renewal certification.
Saturday, Sept. 22; noon-4 pm
Monday, Oct. 8; 9 am-1 pm
HEND: \$50 (includes AHA cert. card)
Tuesday, Aug. 28; 5-9 pm
WEST: \$50 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED, & First Aid classes offered at your place of employment. Meets job requirements for OSHA, schools, daycares and other job requirements for a 2-year certification. Call 616-4904 for group on-site training fees and scheduling.

AARP DRIVER SAFETY PROGRAM

Over 50? Reduce your car insurance rates with this program on safe driving.
Mondays - Aug. 20, Sept. 10 or Oct. 15; 9 am-5 pm
HEND: \$10 (check only)
Saturdays - Aug. 18, Sept. 15 or Oct. 20; 9 am-5 pm
WEST: \$10 (check only)

SEXUAL ASSAULT PREVENTION

Learn "how not to" become a target for sexual assault and basic self-protection moves from Officer Wilson, Henderson Police.
Saturday, Sept. 15; 10 am-2 pm
MAC

SAFE SITTER

Youth ages 11-16 learn to provide safe, nurturing childcare and how to respond to medical emergencies.
Saturday, Oct. 27; 9 am-4:30 pm
WEST: \$30 (includes lunch)



BREASTFEEDING

BREASTFEEDING HELPLINE 616-4908

Speak to a certified lactation consultant or counselor about your breastfeeding questions and concerns.

ASSISTANCE FOR THE BREASTFEEDING MOTHER

Meet with a board certified lactation consultant or certified lactation counselor before or after you deliver. Call 616-4901 for an appt.
HEND; WEST: \$50

NEW MOMMY MIXER

Fridays; 11 am-noon
HEND
Tuesdays; 11 am-noon (beginning Tuesday, Oct. 2)
WEST

LA LECHE LEAGUE

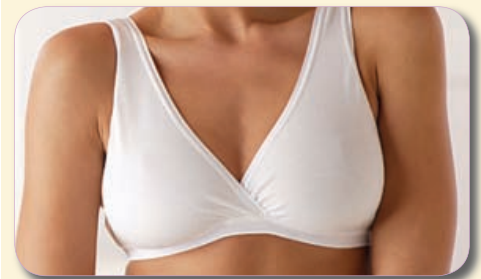
4th Thursday - Aug. 23, Sept. 27, Oct. 25; 10 am
FTF

BABY WEIGH STATIONS

Free weight checks. No appointment necessary.
HEND; WEST; FTF

BREASTFEEDING BOUTIQUE NURSING BRA FITTINGS AND SALES

Choose from a variety of nursing bra styles by Medela, Bravado and Fancee Free. Bras fitted for comfort and function. Extended sizes 36F-46H available.
HEND; WEST



BREASTPUMP RENTAL & SALES

Our lactation staff can help you make the best decision to rent or buy based on your needs and budget. We rent the Medela Lactina and Symphony and carry a full line of Medela breastpumps for purchase.



ND ANNUAL PET BLESSING & ANIMAL FAIR

Bring your "best friend" to the San Martin campus in the Healing Garden for a pet blessing.

Call 492-8555 for more information.

Saturday, Nov. 3, 1-3 pm
SAN - Healing Garden

AUG • SEPT • OCT

Call (702) 616-4900 for information, reservations and to learn about other programs. All classes are held at the WomensCare Center unless otherwise noted.



PREGNANCY & CHILDBIRTH

PRENATAL YOGA

Join Cindy Lydon, certified whole birth prenatal yoga instructor, for a four-week class that enables women to bond with their babies and trust in the birthing process. Call 616-4901 to register
HEND; SAN: \$40 (four-class package)

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES CONSULTATIONS

Learn to manage gestational diabetes and plan meals based on metabolic needs and food preference. Call 616-4902 for appt.
SIENA; \$40 per session

SPECIAL CARE NURSERY SUPPORT GROUP

Join our nursery nurse to discuss answers to your concerns, find support and prepare to bring your new baby home. Call 616-4901 to register.
Fridays; 10:30-11:30 am
HEND

NATURAL BIRTH OPTIONS

Learn how to ease and progress your labor naturally with birth balls, movement during labor, and alternative positions for pushing.
Wednesday, Sept. 5; 6-7:30 pm
HEND

CESAREAN BIRTH CLASS

Learn pre-operative preparation, what to expect in the operating room, and post-operative care.
Thursday, Sept. 27; 6-9 pm
Home Health; \$45

LAMAZE CLASS

Prepare to give birth with Lamaze method relaxation and

conditioning techniques that enable couples to work as a team to minimize medical intervention. Take it in addition to the childbirth class series.

Tuesdays - Oct. 2, 9, 16 & 23; 7-9 pm
WEST: \$75



INFANTS, CHILDREN & PARENTING

CAR SEAT SAFETY CHECKS

Call 616-4901 or 568-9601 for appt.
HEND; FTF; WEST: \$10 per family

STROLLER FIT

Stroller Fit will guide you through a safe, 50-minute workout to burn fat, build strength endurance and flexibility. For more information, call 419-6287.
Mondays, Wednesdays, Thursdays & Saturdays; 8:30 am
Galleria at Sunset. Visit www.strollerfit.com/hendersson for class pricing.

EXPLORE AND LEARN WITH NEIS

Join Nevada Early Intervention Services for developmental activities and play. Designed for children with and without disabilities, ages 12-36 months.
Fridays; 9:30 am & 11:15 am
FTF

CRAWLERS AND CLIMBERS CLUB

Mommies of young toddlers come together to share in the ups & downs of toddlerhood. Ages 9 to 24 months.
1st & 3rd Tuesdays; 11 am-noon
FTF

FIRST AID FOR THE ACTIVE TODDLER

Get the know-how for handling the inevitable bumps, bruises, scrapes, and burns.
Wednesday, Aug. 1; 2-3 pm
FTF

MULTIPLES MANIA

Twins? Triplets? Get the support you need from other moms who are there with you while the little ones play.
Wednesdays - Aug. 8, Sept. 5, Oct. 10; 11 am-noon
FTF

BELLY LAUGHS

Share your birth experiences in a warm environment over tea and muffins. Babies welcome!
Tuesdays - Aug. 14 & Oct. 9; 10-11 am
FTF

MY BABY LOVES MUSIC!

If your baby loves music, come dance and sing in this fun-filled playgroup!
Fridays - Aug. 17, Sept. 21, Oct. 19; 9-10 am (8-12 mos.) & 10-11 am (4-8 mos.)
FTF

LOVE & LOGIC: EARLY CHILDHOOD PARENTING MADE FUN!

Want to feel more confident and have more fun parenting? Get practical skills to handle parenting frustrations. 6-week series.
Mondays - Sept. 3, 10, 17, 24, & Oct. 1, 8; 6-7:30 pm
Thursdays - Oct. 18, 25, Nov. 1, 8, & 15, 29; 4-5:30 pm
FTF: \$20

HEALING THE SOUL POST PREGNANCY

Learn how to heal within so you can care for your family. Call 616-4901 to register.
2nd & 4th Saturdays - Sept. 8 & 22; Oct. 13 & 27; 10-11 am
HEND

WEE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth to two years) learn ASL signs to help your baby communicate, thereby reducing tantrums and improving IQ and vocabulary. Call 616-4901 to register.
Saturdays - Sept. 8, 15, 22 & 29; 9:30-10:30 am
Wednesdays - Oct. 3, 10, 17 & 24; 11:30 am-12:30 pm
HEND: \$97 (includes Sign With Your Baby kit)
Saturdays - Oct. 6, 13, 20 & 27; 10-11 am
WEST: \$97 (includes Sign With Your Baby kit)

SING AND SIGN: BABY SIGN LANGUAGE LEVEL II

For parents and baby graduates of Baby Sign Level I (up to three years old). Call 616-4901 to register.
Saturdays - Sept. 8, 15, 22 & 29; 11 am-noon
HEND: \$83 (includes Pick Me Up kit)
Saturdays - Oct. 6, 13, 20 & 27; 11:30 am-12:30 pm
WEST: \$83 (includes Pick Me Up kit)

PORTRAIT PLAYDATE

Join family to family and capture those memorable moments for years to come.
Tuesdays - Sept. 11 & 25;
Call 568-9601 for an appt.
FTF

SINGLE MOMS SOCIAL AT ROCK-N-ROLL KIDS

Moms, relax and de-stress while your kids enjoy pizza and play in a kid-friendly environment!
3rd Wednesday - Sept. 19 & Oct. 17; 6-7:30 pm
Call 616-4900 to register.
Rock-N-Roll Kids, 10950 S. Eastern Ave.



WISE WOMAN WEEKEND

Seek your inner wisdom on Mt. Charleston. Join us for hiking, yoga, dance, drumming, and reflection.

Friday - Sunday, Oct. 5, 6 & 7

\$250 (includes transportation, meals, activities and dormitory lodging)

Call 616-4900 for information and reservations.

SummerCalendar

of classes and upcoming events

STORYTIME WITH MISS CAT

Toddlers can get into the story with our special dress-up storytime.
Tuesday, Oct. 23; 10-11 am
FTF

TEENIE HALLOWEENIE PARTY!

Join us for family fun in a pint-sized costume party (babies and toddlers). Pumpkin patch photos, storytime with Henderson libraries, games and prizes.
Tuesday, Oct. 30; 10 am-1 pm
FTF: Photos \$5

To enroll in classes held at Family to Family (FTF), please call 568-9601.

¿sí?

SPANISH CLASSES

Programas en Español
Llame al 568-9601

Necesita a un medico que hable Español?
Llame al 568-9601

CHEQUEO/INSTALACIÓN DE ASIENTOS DE SEGURIDAD INFANTIL GRATIS

La ley especifica que usted tiene que colocar a un bebe o a un niño en el automóvil en un asiento para niños hasta la edad de 6 años y 60 libras (27 libras). Para un chequeo o instalación de un asiento de seguridad infantil llámenos.

APRENDA A CONVERSAR EN INGLÉS

Curso de 12 semanas, nivel principiantes, grupos pequeños de menos de 10 personas. Costo por todo el curso \$30 (incluye libro de texto). Henderson y Las Vegas oeste

CHEQUEOS DEL DESARROLLO

Los Chequeos de Desarrollo sistemáticamente buscan y monitorean señales de que un niño pueda tener un retraso en una o más áreas de su desarrollo. Estos chequeos se hacen en niños menores de 3 años y son sin costo.

CLUB DE MAMIS

Comparta sus experiencias en acerca de la maternidad, embarazo, lactancia. Traiga a sus bebes al club y haga nuevas amigas.

COMIDAS QUE CURAN

Aprenda recetas de alimentos que tienen propiedades curativas – GRATIS.

EL MÉTODO DUNSTAN

Aprenda el lenguaje universal de los recién nacidos con el Método Dunstan. Para aprender a entender lo que su recién nacido dice llámenos.



ONGOING FAMILY EDUCATION CLASSES



Pregnant & Uninsured?

Call Baby Rose 616-4508

Prepared Childbirth Classes,

\$75 (Includes Labor of Love Kit)
HEND & WEST

Bed Rest Learning DVD Module, \$50

Teen Prepared Childbirth Class, Free

Refresher Childbirth, \$30

Baby Basics, \$30
HEND & WEST

Grandparents Baby Basics, \$30

Breastfeeding, \$30
HEND & WEST

Infant CPR, \$20
HEND & WEST

New Fathers Lecture (NFL), \$20
(includes car seat safety check)

Prenatal Yoga \$10

Sibling Class, \$20/family

Bellies and Buddies
(Pregnant Mom Club) Free
2nd Tuesday, 6-7 pm

Pregnancy Smoking Cessation,
Call the Nevada Tobacco Users'
Helpline 877-0684

Siena Campus Maternity Tour,
3rd Saturday afternoon or
Monday evening
(Call 616-4901 for reservations)

Rose de Lima Campus Maternity Tour & Tea,
3rd Saturday morning
(Call 616-4901 for reservation)

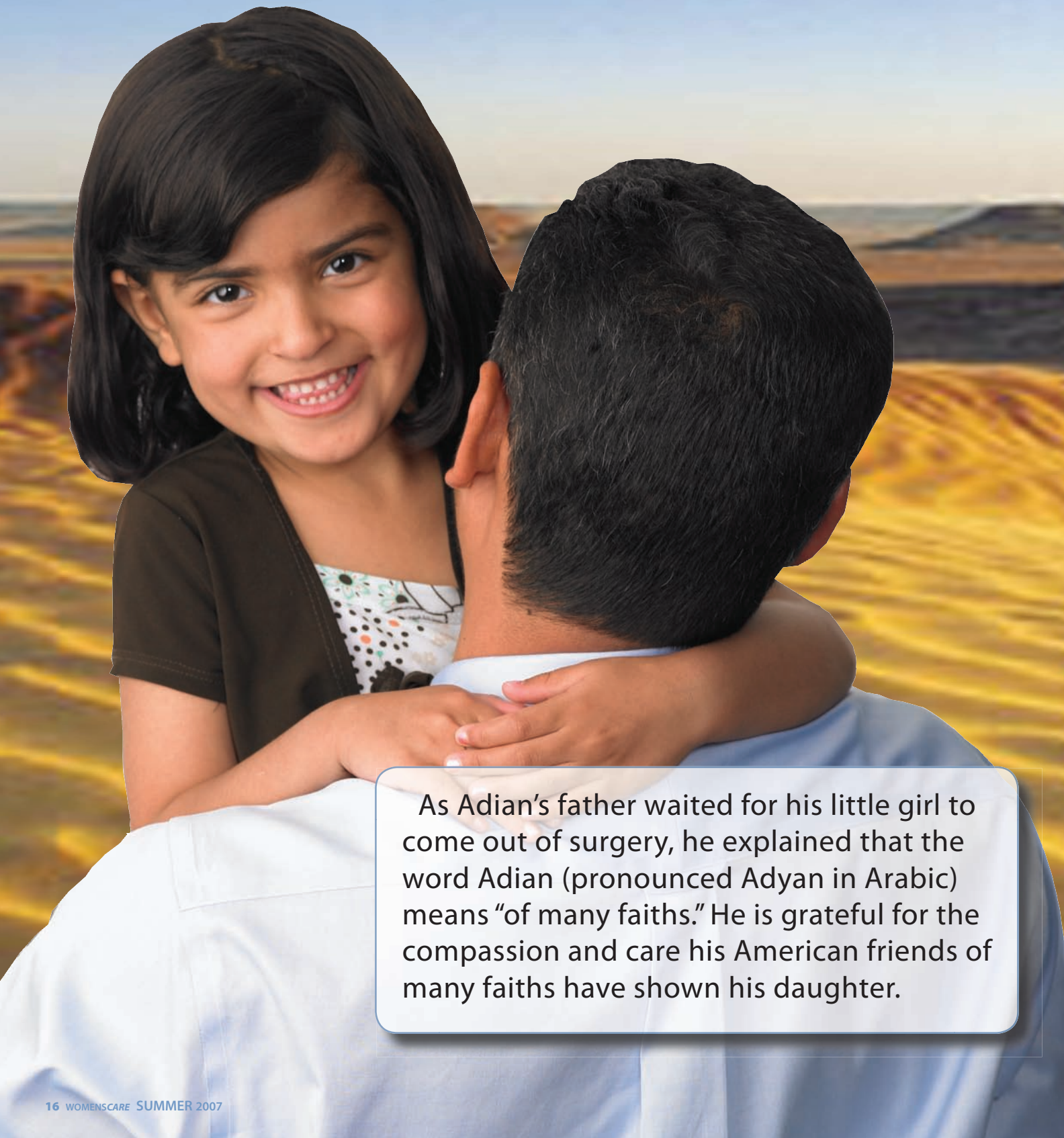
**WEST San Martin Campus Maternity
Tour & Getwell Network Demo**
(In room TV, movies, internet access
all at your fingertips)
3rd Saturday (Call 616-4901
for reservations)

Children's Miracle Network Balloon...

Children's Miracle Network (CMN) is a national, non-profit organization that raises funds for hospitals helping children. Help us raise funds for St. Rose pediatric patients and services. To find out more about (CMN), log on to strosehospitals.org.



From Iraq With Love



As Adian's father waited for his little girl to come out of surgery, he explained that the word Adian (pronounced Adyan in Arabic) means "of many faiths." He is grateful for the compassion and care his American friends of many faiths have shown his daughter.

Adian is a little girl with the face of an angel, but her heart was filled with fear. In her first four years of life, she underwent two surgeries to remove a large, superficial and deep cavernous hemangioma from her right thigh. Each time, fragments of the mass of blood vessels were missed allowing the hemangioma to regenerate.

There was pain, bleeding and a high probability that the significant flow of nutrient-rich blood to Adian's right leg would cause it to outgrow her left leg by a considerable amount. Thus, a third surgery was performed on Adian. Within months the hemangioma began to grow again.

Adian's distressing medical experience might have ended there. But, it was destined to become an epic journey that would illustrate the bonds of brotherhood and illuminate the human spirit's ability to transcend geographic boundaries and even life itself.

Adian's father, an Iraqi interpreter, aided U.S. Army civil affairs troops sent to Iraq to help rebuild areas ravaged by war. The interpreter formed a deep friendship with First Sergeant Carlos Saenz, who on several occasions saved his life.

Four days before his tour of duty was to end, Sgt. Saenz was killed in Baghdad by an improvised explosive device that detonated near his Humvee. Adian's grief stricken father sat down at his computer and composed a heartfelt e-mail to his fallen American friend.

Sgt. Saenz's wife, Nanette, read the e-mail and replied. In the course of keeping the lines of communication and camaraderie alive, Nanette learned about Adian's medical issues

and became determined to help her. She sought the assistance of her brother-in-law, Dr. James Davidson, a St. Rose emergency room physician.

"I tried to think of the right way to ask St. Rose Dominican Hospitals and the physicians for help," said Dr. Davidson. "Ultimately, I didn't have to ask. As soon as I began to tell Adian's story, they offered to provide any assistance needed."

With St. Rose Dominican Hospitals – San Martín Campus, pediatrician Dr. Lisa Glasser and surgeon Dr. Lambert Abeyatunge on board, Nanette worked with the Army and other government agencies and officials to secure temporary visas for Adian and her father.

Plans fell into place and one year after Sgt. Saenz was laid to rest, Adian and her father arrived in the United States. In early June, Adian underwent an MRI, which allowed Dr. Abeyatunge to clearly visualize the hemangioma surgeons in Iraq had tried to remove. "Her surgeons did a good job considering they did not have the benefit of MRI. I am optimistic that we can get it all," said Dr. Abeyatunge. Two weeks later, he was able to remove Adian's hemangioma, as well as improve the appearance of a significant keloid scar that had occurred at the site of the previous surgeries.

Weeks later, Adian and her father boarded a plane home to Iraq. The fear in Adian's heart was replaced with the joyful anticipation of being reunited with her mother and siblings – and with a love for her American friends.

English translation of Adian's father's thank you note.

In the name of God so graceful, so merciful ... peace and prayer on the prophet Mohammed and his fillas. With my warm regards for those people who helped my daughter and participated in her therapy (care). Special thanks to the Saenz's family and (St. Rose) San Martín Hospital.

بسم الله الرحمن الرحيم
وأفضل الصلاة والسلام على محمد وآله
وصحبه أجمعين
أما بعد !
فخيه مطهره الما صبيح الاثناعشر الزين
اهوا نما علاج ابنتي اديانا .
وشكر خاصه الى عائلة المرصوم ساينز
رستشفا لانا صارينين
الحواريان

Understanding Hemangiomas

A hemangioma (hem-an-gee-o-maz) is a common type of birthmark made up of a mass or mound of blood vessels. It tends to grow quickly during a child's first six months of life, remain at a fixed size for some time, then involutes (becomes smaller). Most hemangiomas begin to involute by the time a child turns two or three and disappear between the ages of five and nine (though some skin discoloration or wrinkling may remain).

There are two types of hemangiomas. The first, often called a "strawberry mark," may appear at, or a few weeks after birth, as a small red bump most frequently found on the face, scalp and neck. The second type is called a cavernous hemangioma. It is similar to a strawberry mark, but located deeper beneath the skin. It tends to appear as a red-blue mound of tissue filled with blood.

"Many hemangiomas never cause pain or pose a physical risk," says pediatrician Lisa Glasser, M.D. "However, we recommend that parents point out any birth marks their child has for their physician to evaluate."

If a hemangioma is small and superficial, a physician is likely to suggest leaving it alone. "If, however, it is located near the eye and could grow to interfere with vision, if it is likely to cause bleeding problems, feeding or breathing difficulties or growth issues, medical or surgical treatment will likely be prescribed," says Dr. Glasser. Treatment for more severe hemangiomas may include steroids, lasers or surgery.

In Adian's case, her hemangioma was both superficial (strawberry mark) and deep cavernous. "Because it was located close to veins and arteries, her doctors in Iraq believed it could cause both bleeding and growth problems," said Dr. Glasser. "After her surgery at St. Rose, we believe that a reoccurrence of her hemangioma is very unlikely."

If you need help finding a physician, call St. Rose physician referral at 616-4508. A registered nurse will help you find the pediatrician, family physician or specialist right for your family.



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- *If you ever owned a leotard with a matching head band or leg warmers — you might be a boomer.*
- *If you ever purchased a VHS tape featuring Richard Simmons, Jane Fonda or Denise Austin — you might be a boomer.*
- *If you ever got your heart rate up over 140 exercising to the beat of "Let's Get Physical" — you might be a boomer.*
- *If you have ever said "pain is part of aging" — you might be a boomer.*
- *If you have ever said I would rather suffer than have surgery — you might be a boomer.*

Avoiding Boomer-itis

If you were born between 1946 and 1964, you are considered a baby boomer and your generation is widely recognized for redefining America's views on everything from youth and women's rights to exercise and aging.

The baby boomer generation gave rise to the aerobic revolution of the 1980s. At the end of the workday, they shed their shoulder-padded business suits and pulled on aerobic attire. Then they proceeded to "grapevine," "pony" and "high step" their way through the dinner hour to the boombox beat of "The Rhythm is Gonna Get You" and "Jump (for my Love)."

Now in their 40s, 50s and 60s, a good number of boomers are still at it. Not high impact aerobics per se — they have long since learned that the fitness fad of yesteryear can lead to injuries like shin splints. But, they are still exercising. They power walk, run, pump iron and play tennis to decrease the risk of chronic diseases and maintain muscle mass. Baby boomers also consider exercising and

playing sports fun. Plus, they like physical activities to help keep them looking youthful. After all, fifty is the new 30, right?

Unfortunately, what makes baby boomers look good may also make them feel awful. Many boomers are discovering that their current workout routines — like the oldie-but-goodie aerobic classes — lead to nagging aches and pains.

Boomers are frequenting doctors' offices and emergency rooms in record numbers. In fact, sport and exercise injuries, which range from sprains, strains, tears and stress fractures to conditions like bursitis, tendonitis and arthritis, are the number two reason people visit their doctor's office. The American Academy of Orthopedics has coined this trend "boomeritis."

According to orthopedic surgeon Dr. Randall Yee, many baby boomers take a "work harder" attitude in an effort to fight off the weight gain and muscle loss that can accompany middle age. He says that learning to "exercise smarter" is more important. "A woman of

40, 50 or 60 may be more committed to an exercise program than she was 20 years ago. But her muscles, tendons and ligaments have less elastin, the specialized protein that keeps them flexible."

That loss of flexibility makes women more susceptible to joint injuries. It can also lead to chronic neck and back pain, which makes a woman feel ... well ... uhm ... old. Dr. Yee recommends that women devote at least 10 minutes to warming up and stretching before exercising or participating in sports. He is also a proponent of classes like yoga and tai chi which are designed to keep muscles, joint and connective tissue loose and limber.

Another key to fitness for baby boomers is reinforcing their body's balance, which typically begins to wane in their 40s. "Many women focus their efforts on 'mirror muscles.' These are muscles like the quadriceps, which you can see when looking in the mirror. Lifting weights gives the quadriceps — the upper half of the leg — a toned and sculpted look when they wear shorts or a tennis skirt," says orthopedic surgeon Dr. Yee. "But, if you do not give equal time and attention

Pat Doddridge's work day starts on a boat.

As a Senior Water Quality Lab Technician for the Southern Nevada Water Authority, Pat helps collect **hundreds of water samples** each week from Lake Mead as well as dozens of residential and business locations throughout Clark County. The samples Pat and her colleagues collect are used to carefully **monitor our valley's water supply** from the lake to the tap. It's an important step in ensuring your drinking water continues to **meet or surpass** all federal standards.

While your water has been tested and treated by some of the top experts in the industry, you may still be considering supplemental treatment systems to improve the taste or reduce the hardness. Before you buy, ask the **Southern Nevada Water Authority** for objective information about credible products. No one knows more about water quality than your local water agency.

Ask The Authority

Call **258-3930** or visit **snwa.com**

A community service of Southern Nevada Water Authority.



PAT DODDRIDGE
SNWA Senior Water Quality Lab Technician

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to the opposing muscle, in this case the hamstrings, you are likely to develop muscle imbalance and joint instability?”



Dr. Randall Yee

Such imbalances or instability often go unnoticed until it is too late. “A classic instability accident is when a woman takes an awkward step off of a sidewalk and her knees buckle under the weight of her body. This is less likely to happen if she works both front and back muscle groups,” says Dr. Yee.

Dr. Yee also recommends that women turn their attention inwards to their core muscles, which promote upper body strength and good posture. “By and large, a woman who can stand tall with her shoulders back looks more vibrant and youthful than someone whose shoulders are hunched forward.”

Baby boomers are aware that the clock is ticking and that it will tick longer for their generation. The average life expectancy for women living in the United States is at an all time high of 77.9. In order to make the most of their later 60s, 70s and 80s, the “actively aging” need to listen to their bodies now, says orthopedic surgeon, Dr. Nick Liu.



Dr. Nick Liu

Liu says that “Many people assume pain goes hand in hand with exercise as well as aging. It is not true. A little muscle soreness the day after exercising is not unusual, but pain is a warning signal that should not be ignored.”

Dr. Lui says that there is also a misperception that the only treatment for joint and connective tissue problems is surgery. “When aches and pains are addressed early on, we can prescribe treatments or exercise programs that are less stressful to joints and connective tissue. This is often the case with shoulder pain. Small tears can be treated with anti-inflammatories such as ibuprofen, heat and ice, physical therapy or exercises that strengthen the body and help restore range of motion.”

When such tears are left untreated, they can lead to a bigger problem called a torn rotator cuff, says Dr. Lui. “We can treat most torn rotator cuffs with arthroscopic surgery, which is less invasive and has a shorter recovery time than traditional surgery. But, if baby boomers listen to their body’s warning signals, they may be able to avoid surgery altogether,” he says.

Do's & Don'ts for the “Actively Aging”

- **Do** take calcium supplements before menopause to help strengthen bones.
- **Do** take supplements such as glucosamine chondroitin, which are considered beneficial to joint health.
- **Do** warm ups. Cold muscles are more prone to injury.
- **Don't** go for the gold medal (at least not right away). Try to get at least 30 minutes of moderate exercise each day and increase the intensity of your activity slowly.
- **Do** get help. Enlist the help of your doctor, a physical therapist or a personal trainer to help you learn proper form. Community centers — and even the Internet — can also be good sources of information and support.
- **Don't** ignore weak links. If you have ever had an injury, that area may be vulnerable to re-injury. Get help in designing an exercise routine that will minimize that risk.
- **Do** develop a balanced fitness program that incorporates cardiovascular exercise, as well as strength and flexibility training.
- **Don't** ignore pain. If an exercise causes you pain, stop and consult a professional for help.

For help finding a physician, physical therapist or other healthcare professional, call 616-4508.



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Do You Know His License Plate Number?

You've met a guy. He likes skiing, he likes Nickelback and he likes you. Great! But, what are his phone number and his license plate number? Before getting into "Mr. Right's" car, remember that dates can and do go wrong. For your protection, have a friend walk to your date's car with you so that she can get a look at the make of his car and the license plate number. If no one is available to walk out with you, memorize the number yourself and as soon as you get a chance, go to the bathroom and call that information back to a friend, family member or your own answering machine.



Kaice Scarborough
student story contributor



HEALTHY U

College bound? Bone up on health and safety tips that make the grade. Here are just a few.



Full Load

Whether or not you carry of a full load of college credits, try not to cram your backpack with weighty books. Backpacks are designed to distribute weight across the back and shoulders evenly. Orthopedic surgeons suggest your backpack weigh no more than 15% of your body weight. Overloaded backpacks can lead to muscle fatigue and strain, bad posture, pain in the neck, shoulders and back.



Can You Hear Me Now?

Be careful when wearing headphones because it can leave you vulnerable and unaware of others and your surroundings. There are increasing numbers of pedestrians at risk when negotiating traffic or walking alone at night because of the music pumping into their ears.



Poised for Problems

Your chunky heels look great but they may not be the best choice for hiking across campus. Wedges and heels can cause corns, calluses and hammertoes – not to mention a tripping hazard when rushing to and from classes. Long term wear can cause damage to knees, which sets you up for



chronic knee pain, arthritis, sprained ankles, and back pain later in life. Flip flops aren't much better. They lead to increased toe injuries and heel pain.

Skin Care 101

Skin cancer is by far the most common cancer in the United States with more than one million new cases diagnosed each year. The effects of sun damage include freckling and burning, wrinkling and cataracts. Wear a sunscreen with a sun protection factor (SPF) of 15 or higher. Wide-brimmed hats with at least a 3-inch brim also provide great best protection for your head, ears, nose and cheeks.



Protection in Your Pocket

Did you know that one of the easiest and most effective self defense tools you own – your car or house keys – can be carried in the front pocket of your jeans? If approached by an attacker, grip the lower end of the key between the index and forefinger to create a leading metal tip that can be used on an attacker's face or throat. Also, keep your cell phone handy as you cross campus. If you are walking alone or at night, use your cell phone for emergencies only and keep emergency numbers, e.g. campus police, on speed dial.



Campus Safety Tips

If you are headed to college this August or September, keep these campus safety tips in mind.

- Learn the safest routes between your dormitory or apartment and your classes and activities
- Travel in groups of two or more at night and always walk in well-lit, heavily traveled areas
- Stay on the part of the sidewalk that is farthest away from shrubs, dark doorways and alleys
- Share your class schedule with friends and family, effectively creating a buddy system
- When you go out, let someone know where you are going and when you plan to be back
- Know where the emergency telephones are located on campus
- Learn about your campus shuttle and after dark escort service so that you do not have to walk the campus alone
- Wherever you are, stay alert to your surroundings and the actions of people around you
- Follow your instincts. If something doesn't feel right, change directions, go to an emergency phone or into a public building, or call university police
- Do not leave your belongings unattended
- Always lock your car and keep valuables out of site. Check the back seat before getting in
- Park in well-lit, well-traveled areas of the parking lot

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Varicose Veins

Just the mention of the words “varicose veins” is enough to make women cringe and avert their eyes. Unfortunately, the unsightly and often achy veins become a fact of life for most women as they age. *WomensCare* Magazine asked interventional radiologist Dr. John Oh about what they are and how to treat them.

WC: What is the function of our veins?

Dr. Oh: Your body has two types of blood vessels. Arteries carry oxygen- and nutrient-rich blood from your heart to your muscles and organs, and veins work to return “used” blood back to your heart. Ninety percent of that blood is carried via the veins located within your muscles. But, the other 10 percent travels through veins closer to the surface. This is why some varicose veins (varicosities) become so visible.

WC: What causes varicose veins?

Dr. Oh: As your veins pump blood upward, one-way valves prevent it from draining back down the leg. A varicose vein occurs when a valve weakens and no longer seals properly, making it difficult for the muscles to push blood upwards. When this happens, blood pools in the vein rather than flowing from one valve to the next. That added pressure in the vein causes it to bulge and twist.

WC: Are varicose veins dangerous?

Dr. Oh: They are rarely dangerous. However, the symptoms of varicose veins include leg heaviness, burning, and tiredness can range from annoying to disabling.

WC: What are the risk factors for varicose veins?

Dr. Oh: Unfortunately, the three most common risk factors are completely unavoidable. The first is genetics. Varicose veins run in families. The second is gender. Women are up to four times as likely to develop them as men. The third is age. A woman's likelihood of developing varicose veins increases by the decades. However, there are some factors you have some influence over such as your weight, physical activity level and the length of time you spend standing each day.

WC: Does having children and crossing your legs cause varicose veins?

Dr. Oh: When a woman is pregnant, an increase in hormones causes the smooth muscle in veins to relax, soften, and weaken, which can cause varicose veins. As far as leg crossing, there is no hard evidence to prove this to be a cause. Other theoretical risk factors include abdominal straining, a low fiber diet, and tight clothing.



WC: What steps can women take to minimize their risk or the affects of varicose veins?

Dr. Oh: There are a number of simple steps. The first is to walk regularly to improve muscle tone and circulation, and lose excess body weight. Second, put your feet up for 10 to 15 minutes several times each day. Sitting with your legs elevated lets gravity do some of the work of delivering blood back to your heart. Third, you should avoid wearing high heels, which interferes with the normal pumping of blood that occurs when you walk. Lastly, and this is the part women in the hot desert may not want to hear, but wearing support stockings will help your leg muscles push blood upward. This can help control symptoms and possibly even prevent worsening of the condition.

WC: What are the available treatments for varicose veins?

Dr. Oh: There are several treatment options available for the treatment of varicose veins. Surgery has been the conventional treatment. Surgeons would tie off, strip or remove the vein through a series of tiny incisions. It is performed in the operating room under spinal or general anesthesia. There are now less invasive treatments that can be

performed in a doctor's office. Laser treatment that can seal the vein shut accomplishes the same effect as vein stripping, without the need for surgery. When a varicose vein is lasered, it decompresses into the deep venous system. The patient is able to walk out of the office with little or no discomfort and in several weeks, the unsightly veins disappear. For the treatment of spider veins and varicose veins, direct injection with sclerotherapy is a method of choice. Depending on how extensive the involvement, multiple visits may be necessary.

WC: How much does treatment cost and does insurance cover the costs?

Dr. Oh: Prices depend on the individual treatment plan. Medicare will typically cover a certain amount of treatment costs for varicose veins that cause pain and interfere with normal daily activity. Insurance will not pay for cosmetic treatment or for sclerotherapy of spider veins or reticular veins, which are the tiny purple or blue surface veins.

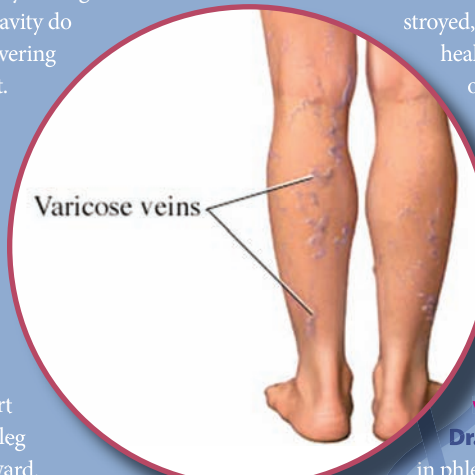
WC: Will the varicose vein come back?

Dr. Oh: Once a vein is successfully destroyed, it is functionless and other healthy veins take over the job of transporting blood. You could develop problems in other veins, however. And chances are that if you have a problem in one leg, you will eventually develop the same problem in the other.

WC: What type of physicians can treat varicose veins?

Dr. Oh: Any doctor trained in phlebology. Vascular surgeons are the most well know group of specialist in this arena. Because the use of ultrasound is integral to an interventional radiologist's work, they are also well equipped at treating varicose veins through non-surgical and minimally invasive diagnosis and treatment of this condition.

For help finding a physician qualified to treat varicose veins, call St. Rose Physician Referral at 616-4508.



A close-up photograph of a woman with brown hair, smiling warmly as she holds a baby wrapped in a yellow blanket. The woman is wearing a white top with a zipper. The background is softly blurred, suggesting an indoor setting with natural light.

Breastfeeding Support

Look. Listen. Feel.

Providing support and encouragement for new mothers who wish to breastfeed their babies is the priority of Avery Short's workday. As such, the certified lactation counselor meets and greets each new mother at St. Rose's three campuses.

"While breastfeeding is the most natural way of feeding a baby, it is sort of an art that does not always come naturally to a mother or her child," says Short. "I often hear from a mother even after she has been discharged from the hospital. She is usually concerned about whether or not her baby is getting enough breast milk."

"During effective nursing, your baby will use her mouth to compress milk from your breast and move it into the back of her throat to swallow. Initially, your baby may seem to suck rapid bursts to trigger milk let-down," says Short. "Once it occurs, your baby should suck at the rate of one suck a second, pausing only to take a breath with every few sucks."

If you are wondering whether your baby is getting enough milk, follow Avery's three tips:

1. Look for a rhythmic movement in the muscle that runs from the lower jaw to the ear when she is sucking deeply. You should also see a rhythmic movement that starts at the chin and travels down her throat as she swallows.



2. Listen for the soft "huh-ah" or soft "ca" sound in her throat as she sucks. Some babies swallow softly, while others gulp loudly. But, if she makes a clicking or smacking sound, she probably is struggling to suck properly.

3. Feel your baby's diapers. From birth to six months, your baby should average six to eight wet diapers a day and three or four diapers with stool.

According to Short, your baby should continue to suck for about 10 to 30 minutes before she detaches from your first breast. If your baby is prone to falling asleep at the breast within a few minutes of latch-on or your baby frequently breastfeeds for 35 minutes on the first breast without self-detaching, discuss breastfeeding techniques with your baby's physician or a certified lactation consultant (IBCLC).



St. Rose Dominican Hospitals' three campuses utilize hospital-grade Medela Symphony breast pumps for new mothers who may not be able to put their baby to breast directly after birth. These pumps are the gold standard and are an excellent option for new mothers who may have a baby in the neonatal intensive care unit, or who may have difficulty with their milk coming in. The WomensCare Center rents hospital-grade breast pumps and sells a full line of Medela pumps.



More Milk Please!



If your baby is sucking properly, but does not seem to be getting enough milk, try to stay calm and positive, says certified lactation counselor, Avery Short, who routinely talks new mothers with low milk production through feelings of frustration, disappointment and even inadequacy.

"The first thing new mothers need to know is that low milk production is often reversible. Talking to a certified lactation consultant or your physician can help you to identify and address issues that may affect milk production," says Short.

If insufficient milk production is the problem, your physician or certified lactation consultant may recommend the following:

- Increase the number of breast feedings to 10 to 12 in 24 hours.
- Spend more skin-to-skin contact time with your baby. Try to spend snuggle time with baby when you can both be shirtless. Cover the two of you with a sheet or light blanket so that the two of you do not get cold.
- Pump your breasts for several minutes after breastfeeding, using a hospital-grade electric breast pump.
- Have your physician review of your health history to determine if there may be a health condition or medication interfering

with milk production.

- Ask your physician or a certified lactation consultant (IBCLC) about taking galactagogue, which is a medication or an herbal preparation found to have a positive effect on milk production.
- Keep in mind that if any amount of milk you produce is valuable to your baby's wellbeing.

What causes low milk production?

Some of the conditions associated with the delay of milk "coming in" or low milk production may include, but not be limited to, the following:

- severe postpartum hemorrhage (excessive bleeding)
- retained placental fragments
- thyroid conditions
- breast augmentation or reduction surgeries that may cause nerve damage
- smoking
- some herbal preparations
- some medications, including estrogen-based birth control pills (ask your physician about progesterone birth control pills)
- becoming pregnant again while breast feeding

A Place to Pump

Do breastfeeding mothers have a place to pump breast milk at your worksite? Pumping rooms are a growing trend that are a win-win-win situation for baby, mother and employer. How so? When mothers can pump at work they tend to return to work sooner and are happier on the job, which adds up to higher productivity for employers. Babies benefit from the nutritious

breast milk even while mommy is away. Setting up a pumping room is simple. All it takes is a small, private, lockable room with a comfortable chair, an outlet for plugging in a pump (her own or workplace provided), a few hooks for hanging clothes, a small refrigerator for storing milk until the end of the workday, a mirror and sink area for cleanup.



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Monovision Surgery

Ophthalmologist Rudi Manthei routinely treats women in their 40s. He says that while many of them look very young, their eyes typically give away their age. "As a woman ages, the lens of her eye begins to harden and lose flexibility, which makes it difficult to focus on objects that are closer than an arm's length away. Thus, simple tasks like reading the newspapers or threading a needle can become difficult," says Dr. Manthei.

According to Dr. Manthei, many of these women are opting to have monovision surgery — a form laser-assisted surgery — to correct age-related farsightedness rather than wearing bifocal glasses or bifocal contact lenses.

Monovision surgery works by correcting one eye for distance vision and the other for near vision. Because the dominant eye is treated for distance vision, the brain is able to compensate for the two different levels of correction.

"Patients interested in the surgery can get a feel for monovision by first prescribing monovision contact lenses," says Dr. Manthei. According to research, patients in their 60s were just as likely to have a good outcome as those in their 40s and 50s. However, as successful as monovision surgery is for some patients, it is not necessarily a suitable option if your work or hobbies require sharp distance vision or precise near vision.



The Buzz on Ear Wax

As a child, your pediatrician probably told you never to put anything smaller than your elbow in your ear. Chances are your mother or father did not hear your doctor and handed you a cotton swab to clear wax from your ears (undoubtedly so that you could hear them better). Unfortunately, cleaning your ears with cotton swabs pushes and compacts some wax down into the ear, which can reduce hearing, cause a ringing sound (tinnitus) and lead to ear pain, says Dr. Suzanne Schwartz, ear nose and throat specialist.

"Our ears are efficient at cleaning themselves. Fats and oils are secreted along the canals of the ear to trap any particles which enter it. Mixed together, these substances create the wax which transports the particles out of the ear. Wax then falls out of the ear unnoticed," says Dr. Schwartz. "But, when we try and clean the ear of wax with a foreign object, we can do more harm than good."

Wax softening drops can also be purchased over-the-counter. If you have significant ear wax build up, your doctor can help gently remove it from your ear.

See page 13 for details on Dr. Schwartz ear health lecture. For help finding a physician referral at 616-4508.



Calming Canker Sores

If you have ever had a canker sore, you know that these small white mouth sores surrounded by an area of redness, can cause a great deal of discomfort. Dr. Patrick Simone, DDS, says that temporary relief may be as close as your medicine cabinet. Following are some of the widely accepted pain relief recommendations for canker sores*:

- Taking an anti-inflammatory such as ibuprofen (Alleve or Motrin)
- Rinsing your mouth with one-half teaspoon salt dissolved in 8 ounces of water
- Rinsing your mouth with 1 to 2 tablespoons of Maalox mixed with one-half tablespoon of liquid diphenhydramine (Benadryl). Spit this solution out after rinsing
- Applying liquids or ointments with a numbing ingredient such as benzocaine (Anbesol, Orabase, Tanac)

Taking cimetidine (Tagamet), the over-the-counter drug that inhibits the production of stomach acids, may also help. But it is not FDA approved as an actual treatment for canker sores, says Dr. Simone.

"Women are more prone to canker sores due to hormonal fluctuations. However, if you are routinely plagued with canker sores, discuss it with your dentist or doctor," says Dr. Simone. "While they are not contagious like cold sores, they can be a symptom of vitamin deficiency or other health issue. Treating the underlying problem may help to clear them up."

** Carefully read the instructions and possible side effects of any over-the-counter medications before taking.*



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"If you fling all of your thoughts into these simple words, and, from this prayer keep living your lives anew, before you know it your individualistic or cliquish feelings will diminish, and you will feel yourselves wishing for the happiness of mankind, with a feeling of humanitarian love welling up from within. Gradually, the individual's character will be approaching wholeness, and the person's lifestyle will strike a harmonious note – which is the greatest thing an individual can do for world peace."

– **Masahisa Goi**

"May Peace Prevail on Earth" is printed in four languages on the sides of peace poles recently placed at St. Rose Dominican Hospitals' Rose de Lima, Siena and San Martin campuses. These poles serve to remind our employees, physicians, patients and public to keep peace alive in our thoughts, words and actions every day.

The peace pole project was founded 52 years ago by Masahisa Goi, a young man who lived through World War II and longed for peace. The project is carried on by the World Prayer Society, a non-profit, non-denominational organization. There are now 200,000 plus peace poles erected in more than 200 countries across the world. St. Rose invites you to come and lay your hands on one of our peace poles and invite peace into your heart.

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