

A MAGAZINE FOR YOUR MIND, BODY, AND SPIRIT

WomensCare

SPRING 2008

**MAKE A
MOTHER'S
MIRACLE
COME
TRUE**

**PREVENT
DANGEROUS
SLIPS, TRIPS
AND FALLS**

**IS MODESTY
MAKING A
COMEBACK?**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW



Upcoming Promotions

Brighton Up Your Ears

April 25 - May 11

Receive a free pair of earrings with the purchase of any Brighton bracelet and necklace.

(Items purchased do not have to be part of the same collection)

Soles 4 Souls Shoe Trade-in Event

May 16 - June 1

Soles 4 Souls is an organization that facilitates the donations of shoes to aid individuals in need. Receive \$25 off any pair of regular priced shoes when you come into any of our Brighton Collectibles locations and donate gently worn shoes.

Brighton's Towel Frenzy

May 30 - June 15

Free Gift! Receive an exclusively designed Brighton beach towel as your gift when you purchase any pair of Brighton sunglasses!! (Limit one per customer.)

Brighton & Kazuri Beads

June 27 - July 27

In an impoverished community of Kenya, Africa, unemployment is high and one jobholder often provides for an extended family of 20 or more. Brighton Collectibles has partnered with Kazuri Ltd., an organization started to help these women.

The women of this community have handmade a special limited edition jewelry collection. You can support this worthy cause by purchasing from this exquisite collection. Brighton will donate \$5 for every bracelet sold, \$2.50 for each pair of earrings and \$7.50 for every necklace sold.

Brighton

**The District at Green Valley Ranch
(702) 270-0100**

**Fashion Show Las Vegas
(702) 731-5929**

**Fashion Village at Boca Park
(702) 944-8474**

The Forum Shops at Caesars

**Miracle Mile Shops
at Planet Hollywood Resort & Casino**

**McCarran International Airport
Main Terminal & D Gates**

Grand Canal Shoppes at The Venetian



letter

FROM THE PRESIDENT



Dear Readers,

Over the course of the last 12 months, we have celebrated the 60th Anniversary of St. Rose Dominican Hospitals. On several occasions I have been asked what inspired the first seven Adrian Dominican Sisters to arrive in Henderson to stay in the hot, dusty Southern Nevada desert. A friend of St. Rose and our Sisters offered a superlative answer in the form of a prayer from the book *Pope John Paul II: His Essential Wisdom*. It reads as follows:

“Authentic love is not a vague sentiment or a blind passion. It is an inner attitude that involves the whole human being. It is looking at others, not to use them but to serve them. It is the ability to rejoice with those who are rejoicing and to suffer with those who are suffering. It is sharing what one possesses so that no one may continue to be deprived of what he needs. Love, in a word, is the gift of self.” – Angelus Prayer, Rome, 1994

Today, sixteen women religious minister among us at St. Rose. Their “authentic love,” and that of all the Sisters who have graced the halls of our hospitals, enables us to attract highly-qualified and compassionate healthcare employees who, like our Sisters, are devoted to caring for our patients and our community. This May, as we celebrate Hospital Week, we want to publicly thank our employees, physicians and volunteers for living out the vision and values our Adrian Dominican Sisters set six decades ago.

Rod A. Davis
President, Southern Nevada Market Area
and St. Rose Dominican Hospitals

coverstory

BETH'S AGLOW AND ELLE'S ON THE GO!

Beth Fisher, a former news anchor and our Spring 2008 cover model, has her hands full raising 21-month old daughter, Elle, and preparing for the birth of her second child, a baby boy, in early June. WomensCare called Beth's husband, Rian, to ask him to make a Mother's Day statement about his wife.

He said, “Beth and I have long conversations about parenting, and we are trying to do the best job we can with the information and tools we have in front of us. Beth definitely takes on the bigger work load by being home with Elle each day,” says Rian. “What greater gift could I ask for than to have the woman I love teaching my daughter about our values and the importance of good manners and being kind to others? She's phenomenal. I hope all husbands realize how much work their wives put into mothering.”

IN THIS MOTHER'S DAY ISSUE OF WOMENSCARE MAGAZINE, WE VOTE RIAN OUR FATHER'S DAY DAD OF THE YEAR. WE WOULD HAVE INCLUDED HIS PICTURE, BUT HE WAS AT WORK ON THE DAY OF OUR PHOTO SHOOT. GET MORE NEWS ON BETH, PAGE 22.

DO YOU HAVE A ST. ROSE DOCTOR?
702-616-4508

WOMENSCARE CENTER

Director: Holly Lyman

Staff: Mickey Bachman, RN, Marie Bevins, RN, IBCLC; Amy Godsoe; Trianna Hunter, RN, CLC; Arla Leins, CLC, Avery Lewisohn, IBCLC, Kim Riddle, CLC; Linda Roth, CLC; Patty Vanderwal, CLC

WOMENSCARE MAGAZINE

Editor/Writer: Shauna Walch

Staff: Kim Haley, Liz Hefner, Tammy Kline, Andy North
Designer: Shannon Carpenter

WomensCare

St. Rose Dominican Hospitals is 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

The Rising Costs of Falls

FALL-RELATED INJURIES AMONG ADULTS 65 AND OLDER EXCEED MORE THAN \$20 BILLION A YEAR IN THE UNITED STATES. THE MEDICAL COSTS FOR WOMEN ARE TWO TO THREE TIMES MORE THAN FOR MEN. THE PRICE TAG FOR OTHER COSTS SUCH AS LOSS OF WORK, LOSS OF INDEPENDENCE AND REDUCED QUALITY OF LIFE CAN BE EVEN HIGHER.

Bette Rempp broke her wrist and severely bruised her hip while gardening. She was careful not to slip on the thousands of tiny rocks of her desert-landscaped front yard, but she took one big step backward and fell over a good-sized decorative boulder onto her wrist. Bette was a bit embarrassed so she got up, brushed herself off and continued to work. She continued to downplay the significance of her injury until she tried to take a shower the following morning.

“It’s really hard to wash your hair, dry yourself off with a big bath towel and get dressed using just one hand,” says Bette, who relied on her husband’s help for tasks that ranged from lacing up her tennis shoes to driving her to the store. The fall was “life altering” for Bette who shuttles homebound individuals to and from medical appointments, the pharmacy and grocery store as a volunteer for Helping Hands. “I couldn’t help thinking of my clients or my two sisters. They are both widowed and live alone. What if this had happened to one of them?” she said. “I was constantly aware of how fortunate I was to have my husband’s help during the time it took my wrist to heal.”

Debi Meyers, whose balance has been affected by multiple sclerosis, is very matter-of-fact about falling. “When I fall, I usually do some sort of damage. I have pins in the left side of my hip, a new hip on my right side and I tore my rotator cuff when I fell trying to rush out of the house on my way to a party,” she says.

After her most recent fall, the pain of being unable to do daily activities such as walking to the mailbox or making meals was equal as excruciating for Debi as some of the injuries she incurred. That duality of pain reverberates with Holly Lyman, director of The Barbara Greenspun WomensCare Center of Excellence, who has instituted a Fall Prevention Workshop for seniors through a partnership with Touro University and the Southern Nevada Health District. The program encourages physical activity, balance training, medical management and environmental/home modifications (see calendar pages for details).

“One third of adults ages 65 and older fall each year which accounts for 1.8 million emergency room visits and 13,000 injury-related deaths across the United States,” says Holly.

According to the Centers for Disease Control (CDC), the total direct cost of these fall-related injuries exceeds \$20 billion a year and is steadily rising. But the costs that seniors and insurance companies pay for treatment such as hospital and nursing home care, doctors, rehabilitation, medical equipment, prescription drugs, home modifications and

continued on page 6



Ellie is healthy and active at 90. In fact, if it weren't for a few bad spills she has taken, Ellie probably wouldn't have seen the inside of a hospital within the last decade. Her daughter, Joann, blames her mother's choice in shoes for her falls, but Ellie loves flip flops and slide-style shoes!

REDUCE YOUR RISK OF FALLING

1. Improve the safety of your home. About half of all falls happen at home. To make your home safer:

- remove things you can trip over (stacks of magazines, laundry baskets and shoes) from stairs and places where you walk.
- store items you use regularly in cabinets you can easily reach.
- remove small throw rugs or use double sided tape to keep the rugs from slipping.
- use non-slip mats in the bathtub and shower and install grab bars next to your toilet and in the tub or shower.
- install handrails on all staircases.
- improve the lighting in and outside your home, including your garage.
- wear shoes that give good support and have thin non-slip soles and avoid wearing slippers and athletic shoes with deep treads.

2. Begin a regular exercise program. Exercise is one of the most important ways to reduce your chances of falling. Several studies indicate that Tai Chi, a martial arts form that enhances balance and body awareness through slow, graceful and precise body movements, can significantly cut the risk of falls among older people. Study participants improved their knee and ankle muscle strength, gained greater mobility and flexibility and demonstrated better balance than non-exercise study participants. See the WomensCare Calendar for more information on Tai Chi classes.

3. Check your medications. Review all of the medications you take, including over-the-counter medications such as cold medicines and supplements, with your physician or pharmacist. As you age, the way some medications work in your body may change. In addition, some combinations of medicines can make you feel drowsy or light-headed which can raise your risk of a fall.

4. Have your vision checked. Have your eyes checked by your ophthalmologist once a year. "An inaccurate prescription or the development of a condition such as glaucoma or cataracts can compromise your vision and increase your risk of falling," says Dr. Rudi Manthei.

continued from page 4

the like, do not represent the total price of falls. The long-term effects of these injuries, such as time lost from work, disability, loss of independence, depression and reduced quality of life, are considered far more costly.

Fortunately, relatively low-cost, “low tech” steps exist that people can take to prevent falls. “Many people do not think about how they can reduce their risk of falling until after they’ve been injured by slipping in their bath tub or tripping over their dog. We are working to get our community to think proactively about fall prevention strategies,” says Holly.

The WomensCare Center’s free, seven-week program is multi-faceted. It includes educational components, demonstrations, free safety tools, complimentary safety assessments and reminders not to overlook the obvious, like turning lights on when entering a room or wearing supportive shoes. Joann Gerome believes this program could have saved her 90 year old mother, Ellie, from past bumps, bruises and broken bones, as well as a recent two-day stay

at St. Rose Dominican Hospitals-Siena Campus.

“My mother is in great health and she can walk as straight as an arrow, but she fell walking down to the mailbox because she tripped in her flip flops. She wears flip flops all the time. She won’t even look at a pair of sneakers,” says Joann who worries about her mother but also empathizes with her need for independence. “My mom won’t admit how many times she has fallen because she’s afraid that we will try and restrict some of her activities. She was playing four-square with her great grandsons just a few days ago.”

While Ellie lives life to the fullest in spite of her falls, the psychological effects of a fall can be somewhat immobilizing to other seniors. “I can now see how somebody who took a fall could become fearful of falling again or less confident in his or her own abilities to get around,” says Bette. “I didn’t take my daily walks while I was recovering. I was afraid of losing my balance, and I consider myself a very adventurous person with few fears.” WC



Free of Breast Cancer and Full of Hope

Olga worried when she found a lump in her right breast. Her worries turned to fear when, just a few weeks later, she found a lump in her left breast. Fortunately, Olga acted fast...as a single mother, she had to. Her two teenagers depend on her health and her ability to work to get by.

Olga got the help she needed through St. Rose Dominican Hospitals’ R.E.D. Rose program, which paid for her diagnostic mammogram, her ultrasound and her breast biopsy. When it was confirmed that Olga had breast cancer, the support kept coming. St. Rose’s Charity Care program paid for her lumpectomies, which removed the cancerous tissue from her breasts. R.E.D. Rose also provided financial assistance during the months she was undergoing chemotherapy and radiation.

Olga is now free of breast cancer and recently posed for St. Rose’s second annual Spanish version of WomensCare Magazine, which is made possible through a grant from Harrah’s Foundation.

The R.E.D. Rose program provides age and income-eligible women with free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies. Support services are also available, such as transportation to doctors’ appointments, counseling, child care and domestic assistance. Bilingual services are available as well. WC

St. Rose’s annual Spanish WomensCare magazine is now available. The magazine is sponsored by Harrah’s Foundation.

FOR MORE INFORMATION, PLEASE CALL 616-7525.



First In Sight

OPHTHALMOLOGISTS & REFRACTIVE SURGEONS

Rudy R. Manthei, D.O., F.O.C.C.O.O.
Medical Director

Douglas C. Lorenz, D.O., F.O.C.C.O.O.
Cataract Refractive Surgeon

Glen Hatcher, Jr., D.O., F.O.C.C.O.O.
General Ophthalmology

Ramsey R. Elhosn, M.D.
LASIK & Cataract Refractive Surgeon

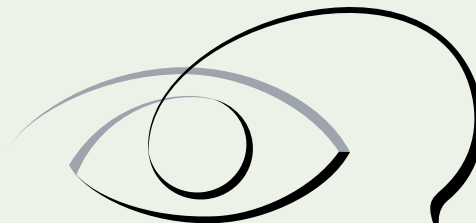
AND INTRODUCING...

James A. Savage, M.D.
Fellowship Trained Glaucoma Specialist

Kathleen M. Mahon, M.D., F.A.C.S.
Pediatric and Adult Strabismus

Andrew A. Mohammed, M.D.
Cataract Refractive Surgeon

- COMPREHENSIVE EYE EXAMS
- LASIK, PRK AND ICL REFRACTIVE SURGERY
- ADVANCED CATARACT SURGERY WITH TRADITIONAL OR CRYSTALENS™ LENS
- MEDICAL, SURGICAL AND LASER TREATMENT FOR GLAUCOMA
- PEDIATRIC OPHTHALMOLOGY
- MACULAR DEGENERATION EVALUATION
- DRY EYE EVALUATION & THERAPY
- EXPERT CONTACT LENS FITTING COMPLETE OPTICAL DISPENSARY



Nevada Eye & Ear

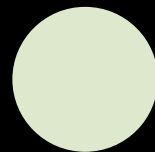
www.nevadaeyeandear.com

CALL FOR AN APPOINTMENT
702.896.6043

Home of the LADARVision CUSTOMCORNEA Excimer Laser System.

860 Seven Hills Drive | South of St. Rose at Horizon Ridge
2598 Windmill Parkway | Windmill at Pecos

New Offices: 9100 West Post Road | I-215 between Sunset & Russell
2020 Goldring Medical Plaza, Ste. 401 | Goldring at Shadow Lane



Zappos[™]

OUTLET STORES

10%
OFF

your next
purchase
at the

Zappos
Shoe
Outlets

exp.
7/31/08

Mon-Sun
9am-9pm

Tons of Selections!

Superior Service!

Thousands of Shoes!

*** FREE Shuttle Service**

to & from the Strip only at our
Dean Martin location.

1-888-927-4114

**601 Mall Ring Cir.
Henderson**

**7770 S. Dean Martin Dr.*
Las Vegas**

**3860 S. Maryland Pkwy.
Las Vegas**

Now, When You Need to Talk...



They range in age from their early 50s to their late 70s. They hail from as close as California to as far east as Ohio and New York. They have a lifetime of varied experience, but they have all weathered life's ups and downs – from the moments of pure joy to times of pain, anger or sorrow when they needed someone else to truly listen and let them talk through their troubles.

Now, they are prepared to listen.

With education and on-going supervision from licensed mental health professionals, these women act as sounding boards for their peers – other senior men and women. If you're 50 or older and a senior dealing with general sadness, grief over the loss of a life-long companion or maybe stress related to a medical illness, physical disability, retirement or relocation, these senior peer counselors (and several others) are available to listen and help you identify possible solutions to problems through a self-help approach to emotional and mental wellness. All counseling sessions are private and confidential. **WC**

Are you looking to play a supportive role in our community?

St. Rose Dominican Hospitals is currently seeking volunteers for Helping Hands and the Rose de Lima Campus.

Helping Hands volunteers provide homebound individuals help in getting to doctors' appointments, the pharmacy and other necessary errands. For more information, call Helping Hands at 616-6554.

Rose de Lima Campus volunteers may assist in a variety of ways that range from working in the gift shop to delivering flowers to patients or providing administrative support. For more information, call 616-7514.

CALL 616-4900 FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT.

may · june · july

Call (702) 616-4900 for information, reservations and to learn about other programs.

INDEX



Health & Wellness



Exercise & Fitness



Nutrition



Screenings



Integrative Medicine



Health Conditions



Safety & Injury Prevention



Support Groups



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



HEALTH & WELLNESS

SENIOR PEER COUNSELING

Need to talk? If you are over 50, our trained peer counselors are here to listen. Call 616-4902 to schedule an appointment.
HEND; WEST; RDL; SAN: \$10 requested donation

TRANSITIONS GROUP

People ages 50+ experience various life changes such as retirement, relationship and family issues, and health concerns. Resources are available to help you navigate through such adjustments.
1st Tuesday, starting June 3; 2-3 p.m.
HEND

MIGUN MASSAGE

Enjoy free 30-minute massages on the Migun Thermal Massage bed. Call 616-4900 to schedule your appointment.
Monday - Friday; 9 a.m.-6 p.m.
HEND

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well-being through drumming. Bring a healthy food item to share.
1st Friday, May 2 & June 6; 6:30-8:30 p.m.
HEND

KNIT TO HEAL

Knit prayer shawls for patients and loved ones.
2nd Thursday, May 8, June 12, July 10; 10:30 a.m.-noon
HEND

LABYRINTH WALK

Walk the labyrinth to experience peace and clarity.
2nd Tuesday, May 13, June 10, July 8; 9 a.m.
SAN - Labyrinth Garden (next to ER)

LAUGHTER CLUB

Join Linda Garner, Certified Laughter Leader, to laugh your way to good-hearted living.
2nd Wednesday, May 14, June 11, July 9; 6:30-8 p.m.
SAN

AROUND THE WORLD TEA TASTING

Explore and sip the traditions and flavors associated with tea in different parts of the world.
Thursday, May 22; 6-7 p.m.
WEST: \$5 per person

MEDITATION

Experience peace, calm and happiness through relaxation.
Thursday, May 29; 6-7 p.m. - chanting with Rebecca
Wednesday, June 25; 6-7 p.m. - with Amy
Thursday, July 31; 6-7 p.m. - with Amy
HEND
Tuesdays, May 13, June 10, July 8; 6:30-8 p.m. - with Goldie
Thursday, June 5; 6-7 p.m. - with Amy
WEST

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.
3rd Thursday, May 15, June 19, July 17; 2:30-3:30 p.m.
HEND

LABYRINTH SYMBOLISM

Join Robert Ferre, labyrinth craftsman, to learn about the 5,000 year history, symbolism and contemporary revival of the labyrinth.
Thursday, May 29; 7-9 p.m.
SAN

EMOTIONAL STRENGTH TRAINING!

Learn tools and techniques that combat negative body image, depression and anxiety and empower you to turn your life into something positive, pleasant and productive!
Thursday, May 29; 6-7:30 p.m. - "What can I do to manage my stress and be happy?"
Thursday, June 5; 6-7:30 p.m. - "How do I set healthy boundaries?"
Thursday, June 12; 6-7:30 p.m. - "How can I learn to 'let things go'?"
Thursday, June 19; 6-7:30 p.m. - "I want to like the image I see in the mirror."
WEST: \$20 per session or \$60 for all four sessions

CALENDAR ABBREVIATIONS

- SAN - San Martín 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 Center, Henderson



SpringCalendar

of classes and upcoming events

HIP, HOP, POP!

Learn from Dr. Michael Han about hip pain including arthritis, tendonitis and bursitis, and the latest technologies in hip replacement surgery.

Thursday, June 5; 3-4 p.m.

HEND

HERBS FOR SKINCARE

Learn how to use herbs to make natural lotions and skincare products to take home.

Saturday, June 7; 10 a.m.-noon

HEND: \$35 (includes materials)

COOLING TEAS

Desert sun raising your temperature? Experience how Chinese herbal infusions and iced teas can cool, refresh and rejuvenate you.

Thursday, June 17; 2-3 p.m.

WEST: \$5 per person

SUMMER SOLSTICE LABYRINTH CELEBRATION

Celebrate summer with drumming, meditation, dancing and joy.

Friday, June 20; 8-10 p.m.

SAN: Labyrinth

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.

Saturday, June 28; 10 a.m.-3 p.m. (lunch included)

RAN

MEDICARE ABCD'S

Decipher the Medicare maze and learn how to maximize the benefits for yourself and your family.

Monday, June 30; 10 a.m.-noon

HEND

FALL PREVENTION WORKSHOP FOR SENIORS

Join the Southern Nevada Health District and Touro University to learn to reduce your risk of a fall – or that of a loved one. Special thanks to the program sponsors: Nevada Eye & Ear, Trader Joe's, Verizon Wireless, Quality Shoe Repair & Luggage, MedMo Medical Supply, Target, Mr. Green Services.

Mondays, July 14-August 25; 10 a.m.-noon

HEND

REWRITE YOUR LIFE ... QUIET YOUR EGO

Join Debra to journal the words you think or speak which create your life.

Thursday, July 17; 6-8 p.m.

HEND

GIRL TALK

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

Thursday, July 24; 6:30-7:30 p.m.

HEND

HELP HELPING HANDS!

Needed: Volunteers to drive Henderson seniors to doctors' appointments, errands and grocery shopping.

Call 616-6554 if you can help.

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness Program provides preventive health programming (employee health fairs, health screenings, consultation, seminars/presentations) on a modest or no-cost basis to assist employers in improving the health of their workforce. Call Al Medina at 492-8116 for more information.



EXERCISE & FITNESS

HEALTH PROFILE ASSESSMENT

Find out your fitness status. Schedule a personal assessment including a questionnaire, measurements (skeleton, fat free mass, upper and lower weight limits, healthy weight range and blood pressure), a cardiovascular test on a bicycle ergometer and a personal consultation to discuss your results and your goals.

Wednesday, June 18; call 616-4900 for appointment

HEND: \$49

Saturday, June 21; call 616-4900 for appointment

WEST: \$49

BELLY DANCING WITH GOLDIE

Release your inner goddess through belly dancing!

2nd Saturday, May 10, June 14, July 12; 10-11:30 a.m.

WEST: Free

NEW TIME! PARTNER YOGA

Enhance your flexibility and posture with the use of a partner. All levels welcome.

3rd Saturday, May 17, June 21, July 19; 10-11:30 a.m.

WEST: \$10 per couple

HEALING YOGA

Mondays, 5-6 p.m.

HEND: \$3 per session or \$20 for 10 sessions

Mondays, 5-6 p.m.

WEST: \$3 per session or \$20 for 10 sessions

EVENING YOGA

Tuesdays, 6-7 p.m.

WEST: \$3 per session or \$20 for 10 sessions

WALK THIS WAY: WALKING CLUB

Walk your way to health. All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays, 9-10 a.m.

Call 616-4900 for meeting location: Free

AGELESS WOMAN WORKOUT: OSTEOPOROSIS EXERCISE

Learn breathing and yoga techniques as well as slow weighted movements that target the woman's aging zones.

Tuesdays & Thursdays, 9-9:45 a.m.

HEND: \$5 per session

Wednesday, June 18; 4-5 p.m. (trial workshop)

WEST: Free

YOGA WITH DR. DEBBIE

Tuesdays & Thursdays, 10-11 a.m.

HEND: \$5 per session

RELAXATION YOGA

Relieve stress through meditation, movement and gentle stretching yoga.

Wednesdays, 9-10 a.m.

HEND: \$5 per session

INTENSE BODIES BY PILATES

Wednesdays, 10:30-11:30 a.m.

HEND: \$8 per session

FLOWING ENERGY YOGA FOR WOMEN

Wednesdays, 5-6 p.m.

WEST: \$5 per session

MID-MORNING YOGA

Wednesdays & Fridays, 10-11:15 a.m.

WEST: \$5 per session

TAI CHI

Join Stella Huang to learn the Chinese martial art that utilizes continuous flowing body movements that create physical, emotional and spiritual balance.

New Beginner - Tuesdays, 1:30-2:30 p.m.

Beginner I - Wednesdays, 1:30-2:30 p.m.

Beginner II - Wednesdays, 2:30-3:30 p.m.

Intermediate - Tuesdays, 2:30-3:30 p.m.

Advanced - Wednesdays, 3:30-4:30 p.m.

HEND: Free

Demonstration - Fridays, 10-11 a.m.

(for advanced class graduates)

SIENA - Healing Garden

Beginners - Thursdays, 9-10 a.m.

WEST: Free

NIA JOYFUL MOVEMENT

Learn fusion fitness dancing that encompasses dance, martial and healing arts.

Fridays, 9-10 a.m.

HEND: First class free! \$5 per session or 5 sessions for \$20

Mondays & Wednesdays, 6:15-7:15 p.m.

WEST: First class free! \$5 per session or 5 sessions for \$20

BEST IN SHOW

Join the Animal Foundation for a unique and entertaining way to fall in love.

Date: Sunday, June 1

Time: 1-4 p.m., Call 284-7777 for tickets.

Fee: Adults \$12.50, Kids under 12 and seniors \$5

Place: The Orleans Arena



may · june · july

Call (702) 616-4900 for information, reservations and to learn about other programs.



STROKE AWARENESS FAIR

Thursday, June 5th, 2008, 7:30 a.m. – noon

Know your stroke risk? Join the American Stroke Association, local hospitals and paramedics for breakfast, lectures, screenings, free blood pressure checks and total cholesterol screening (fasting required), \$30 lipid panel (fasting required). *The Orleans Arena*

SUN STRIDERS MALL WALKERS

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



NUTRITION

LIVING FOODS "UN-COOKING" CLASSES

Beyond salads and juicing, preparing raw foods can be delicious and creative when you learn the basics from Sharyne Frazer, Living Ryte. **Friday, June 13; 6:15-7:45 p.m. - Pantry & Appliances: What to have in your kitchen.** **Friday, June 27; 6:15-7:45 p.m. - Smoothies & Desserts** WEST: \$25 per person per class (includes recipes and materials)

CARDIAC NUTRITION

Learn from a registered dietitian how to eat for your heart's health. **Thursday, June 26; 10:30 a.m.-noon** HEND **Thursday, July 31; 10:30 a.m.-noon** WEST

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles and nutritional considerations. **Monday, June 23; 6-7 p.m. - Beans: The magical fruit!** HEND

NUTRITION CONSULTATION

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



SCREENING

METABOLIC SCREENINGS

How many calories do you need for basic body functioning? Come find out! No caffeine, exercise or food 4-hours prior to appt. **Wednesdays - Call 616-4900 for dates and appt.** HEND: \$15 **Thursdays - Call 616-4900 for dates and appt.** SAN: \$15

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. **Wednesday, June 25; 7-10 a.m. Call 616-4900 for appt.** HEND: See above for fees

PERIPHERAL VASCULAR DISEASE SCREENING

Let the St. Rose Radiology Department screen your legs for PVD. **Thursday, June 26; 8 a.m.-noon. Call 616-4900 for appt.** HEND, Rehab Suite 140: Free

FREE HEARING SCREENING WITH DR. SUSAN SCHWARTZ

Call 616-4900 for an appointment. **Thursday, June 26; 6-7:30 p.m.** HEND

DO YOU SEE WHAT I SEE?

Join The Shepherd Eye Center for a free eye screening. Check your current prescription; learn about glaucoma and other eye ailments. **Thursday, June 19; 10 a.m.-noon. Call 616-4900 for appt.** HEND: Free **Thursday, June 5; 10 a.m.-noon. Call 616-4900 for appt.** WEST: Free

MEMORY SCREENING

Are you concerned with your memory retention? An assessment provided by Senior Guidance will help determine if your memory loss is normal for your age. Call 616-4900 for appt. **Thursday, July 17; 10 a.m.-2 p.m.** HEND: Free

HEALTHY FEET ARE HAPPY FEET

Join Dr. Gyaandi Dove for a discussion about foot care. Question and answer session following lecture. Free foot screening for general foot health and diabetes. **Thursday, July 10; 6-7:30 p.m.** HEND

R.E.D. ROSE

Uninsured or underinsured? If you are age 49 or younger, you may qualify for a screening or diagnostic mammogram. Need support while going through breast cancer treatment? Call R.E.D. Rose at 616-7525. Se habla espanol - 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. Call (877) 581-6266.



INTEGRATIVE MEDICINE

PREPARE FOR SURGERY, HEAL FASTER

Peggy Huddleston's program on easing anxiety and speeding up surgical or medical recovery using mind-body techniques. HEND: Borrow the book & CD from our resource library or purchase for \$35.

REFLEXOLOGY FOOT MASSAGE

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

Thursday, May 15; 10 a.m.-12:30 p.m.
Fridays, May 30, June 13, July 11; 2:15-5:15 p.m.
Thursdays, June 26 & July 24; 9:30 a.m.-12:30 p.m. HEND: \$30-30 mins. \$60-60-mins. Cash or check only. Call 616-4900 for appt.
Thursdays, May 22 & June 19; Tuesday, July 15; 10 a.m.-12:30 p.m.
Thursdays, June 5 & July 3; 1-3:30 p.m. WEST: \$30-30 mins. \$60-60-mins. Cash or check only. Call 616-4900 for appt.

ACUPUNCTURE

Join Dr. Jeff Brown to learn about the healing benefits of acupuncture. **Thursday, June 19; 6-7 p.m.** HEND

CRANIOSACRAL MASSAGE THERAPY FOR MIGRAINES, SCIATICA & FIBROMYALGIA

Join Marcie Malloy for this gentle method encouraging natural healing. **Saturdays, May 31, June 14 or July 26; 10 a.m.-2 p.m.** HEND: \$30-30-minute massage. Call 616-4900 for appointment. **Tuesdays, May 20, June 24, July 22; 1-5 p.m.** WEST: \$30-30-minute massage. Call 616-4900 for appointment.



HEALTH CONDITIONS

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our ACS center for info., wigs, hats, turbans and liquid supplements. Call 616-4910 for appointment. HEND; WEST

BREAST CANCER PROSTHESIS & BRA FITTINGS

Uninsured? Receive free professionally fitted bra and prosthesis. Provided by a grant from the Susan G. Komen for the Cure, Southern Nevada Affiliate. Call 568-9595 for more information.

BREAST CANCER NUTRITION CONSULTATION

Breast cancer survivors receive a free one-on-one consultation with a registered dietitian. Provided by a grant from the Susan G. Komen for the Cure, Southern Nevada Affiliate. Call 616-4900 to schedule an appointment.

SpringCalendar

of classes and upcoming events

BREAST CANCER PEER COUNSELING

Need to talk? Call 616-4902 to schedule a free peer counseling session with a trained breast cancer survivor.

D.A.T.E. (DIABETES AWARENESS TREATMENT & EDUCATION)

A comprehensive diabetes class accredited by the American Diabetes Association. Call 616-6545 for pricing and registration.

Thursday & Friday, May 8 & 9; June 12 & 13;
July 10 & 11; 9 a.m.-1 p.m.

Tuesday & Wednesday, May 27 & 28; June 24 or 25;
July 29 & 30; 5:30-9:30 p.m.

Home Health bldg, 1125 American Pacific Dr., Ste. G

BASIC DIABETES SELF MANAGEMENT

Join Dottie Stade, RN, certified diabetes educator, for a basic understanding of diabetes.

Wednesday, May 14; 1:30-2:30 p.m.
HEND

HUFF & PUFF CLUB

Parents and kids learn about the asthma process and how to avoid attacks. Free lung function test. Call 616-4900 for locations and registration.

Saturdays, May 17, June 21, or July 19; noon-2 p.m.

NEW! MENDED HEARTS SUPPORT GROUP

The American Heart Association is affiliated with The Mended Hearts Inc., a nationwide patient support organization for people with heart disease, medical professionals and other interested people.

3rd Tuesday, May 20, June 17, July 15; 10-11 a.m.
WEST

PREVENTING CERVICAL CANCER

Join Board Certified Ob/Gyn, Dr. Gregory Gex, to learn more about how HPV can cause cervical cancer and how the vaccine can protect.

Tuesday, May 20; 6-7:30 p.m.
WEST

FOOD ALLERGY PARENT EDUCATION GROUP

Join Dr. McKnight and Holly Brewer, RD, for parent education and support for children with food allergies.

Tuesday, May 20; 7-9 p.m.
MAC

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, mini-gastric bypass, with Dr. Rutledge.

Tuesdays, May 27, June 24 or July 29; 6-7:30 p.m.
RAN

WEIGHT LOSS 101

Explore research on current medical and behavioral weight loss with Drs. Dominic and Lindsey Riccardi.

Wednesdays, May 28, June 18 or July 23; 6-7 p.m.
WEST

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Learn to cope and control chronic health conditions such as arthritis, asthma, diabetes, back problems, etc., with The Stanford Chronic Disease Self Management Program.

Mondays, June 9 - July 14; 10 a.m.-12:30 p.m.
HEND

Tuesdays, June 10 - July 15; 1-3:30 p.m.
WEST

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and early recognition of stroke symptoms.

Wednesday, June 11; 10-11 a.m.
HEND

EXERCISING SAFELY WITH HIGH BLOOD PRESSURE

Let St. Rose's exercise physiologists provide you with information and resources to begin exercising safely. Free blood pressure screening included. Call 267-4070 to register (space is limited).

Wednesday, June 11; 5-6:30 p.m.
Black Mountain Recreation Center, 599 Greenway Rd., Henderson

UNDERSTANDING FIBROMYALGIA

Join chiropractor, Dr. Robert DeMartino, for a holistic approach to chronic pain and fatigue.

Thursday, June 12; 6:30-7:30 p.m.
HEND

DASH AWAY FROM HYPERTENSION

Learn to manage blood pressure through the Dietary Approaches to Stop Hypertension (DASH) eating, exercise and stress reduction program.

Thursday, June 19; 6-8 p.m.
WEST

SINUS DIAGNOSIS AND TREATMENT AT A GLANCE

Join Dr. Susan Schwartz to learn about sinus symptoms, current treatments and surgery options. Free hearing screening following lecture.

Thursday, June 26; 6-7:30 p.m.
HEND

RELAXATION AND STRESS MANAGEMENT

Gain self-awareness, control and experience useful relaxation techniques that can be incorporated into every day life. Space is limited. Please call 267-5850 to register.

Saturday, July 12; 1-2:30 p.m.
Whitney Ranch Recreation Center, 1575 Galleria Drive, Henderson

NATURAL SOLUTIONS TO DIGESTIVE PROBLEMS

Join chiropractor, Dr. Robert DeMartino, to learn natural ways to reduce suffering from conditions such as acid reflux, hiatal hernias, ulcers, IBS, colitis and Crohn's disease.

Wednesday, July 23; 6:30-7:30 p.m.
HEND

LOWER YOUR CHOLESTEROL WITH TLC

Learn how therapeutic lifestyle changes (diet, exercise, relaxation and supplements) can help manage cholesterol.

Thursday, July 24; 5:30-8:30 p.m.
WEST



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn the American Heart Association adult, child and infant CPR, AED and choking prevention. 2-yr. certification for the non-healthcare provider.

Friday, May 9; 2:30-6:30 p.m.

Saturday, May 31; noon-4 p.m.

Wednesday, June 18; 5-9 p.m.

Monday, July 21; 9:30 a.m.-1:30 p.m.

HEND: S30 (includes AHA cert. card)

Wednesday, June 4; 5-9 p.m.

Saturday, July 12; 1-5 p.m.

WEST: S30 (includes AHA cert. card)

BLS HEALTHCARE PROVIDER CPR/AED COURSE

Learn the American Heart Association adult, child, infant CPR, AED and choking prevention. 2-yr. certification for all healthcare providers. Initial Certification:

Tuesday, July 29; 5-9 p.m.

HEND: S50 (includes AHA certification card)

Tuesday, May 6; 5-9 p.m.

Friday, June 27; 2-6 p.m.

WEST: S50 (includes AHA certification card)

Renewal Certification: Must be currently Am. Heart Assoc. certified.

Saturday, June 14; 10 a.m.-noon

HEND: S50 (includes AHA certification card)

Tuesday, July 1; 6-8 p.m.

WEST: S50 (includes AHA certification card)

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA job requirements for schools, daycares and other job requirements for a 2-year certification. Call 616-4914 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, May 12, June 9 or July 14; 9:00 a.m.-5 p.m.

HEND: S10 (check only)

Saturdays, May 17, June 21 or July 19; 9 a.m.-5 p.m.

SAN: S10 (check only)

SEXUAL ASSAULT PREVENTION

Learn "how not to" become a target for sexual assault, plus learn basic self-protection moves from Officer Michael Metzger, Henderson police.

Saturday, June 21; 10 a.m.-2 p.m.

RAN

SAFE SITTER

Youth, ages 11-16, learn to provide safe, nurturing childcare and how to respond to medical emergencies.

Monday, June 23; 8:45 a.m.-4:30 p.m.

HEND: S30 (includes lunch)



SUPPORT GROUPS

SAN - San Martín 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 Center, Henderson

AA for Women, Mondays – 7:30 p.m. & Wednesdays, noon **HEND**

AA for Women, Mondays – noon **WEST**

AA co-ed, Sundays, 6 p.m. **MAC**; Sundays, 7 p.m. **SAN**; Mondays, 7 p.m. **SAN**; Fridays, 7 p.m. **SAN**

ALS Support Group – 2nd Tuesday, 11:30 a.m. **HEND**

Alzheimer's Support Group – 4th Tuesday, 4:30 pm **HEND**

Bereavement Support Group – 2nd & 4th Wednesdays, 6 p.m. **HEND**

Bereavement Support Group – 1st & 3rd Wednesdays, noon **WEST**

Breast Cancer Support – 2nd & 4th Mondays, 6 p.m. **HEND**; 1st & 3rd Mondays, noon **WEST** (Funded by the Susan G. Komen for the Cure, Southern Nevada Affiliate)

CODA – Thursdays, 4 p.m. **HEND**

Daughters Without Mothers – 1st Thursday, 6:30 p.m. **HEND**

DBSA Depression & Bipolar Support

Alliance – 2nd & 4th Tuesdays, 6:30 p.m. **HEND**

DBSA Depression & Bipolar Support

Alliance – 1st & 3rd Thursdays, 6:30 p.m. **SAN**

Diabetes Support – 1st Wednesday, 10 a.m. **HEND**

Eating Disorders Recovery Support –

Saturdays, 9:15 a.m. **SGR**

Fibromyalgia Friends – 3rd Thursdays, 6:30 p.m. **HEND**

Gamblers Anonymous – Tuesdays, 6:30 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **MAC**

Grieving the Loss of Your Premie – 1st & 3rd Mondays, 6 p.m. **HEND**

ICAN: C-Section Support – 1st Tuesday, 3:30 p.m. **WEST**

Leukemia & Lymphoma – 1st Wednesday, 6:30 p.m. **HEND**

Mended Hearts Support Group – 3rd Tuesdays, 10 a.m. **WEST**

Multiple Sclerosis Support Group – 3rd Wednesday, 7 p.m. **HEND**

Narcotics Anonymous – Wednesdays, 5:30 p.m. **MAC**

Precious Premies Support Group – 2nd & 4th Thursday, 5 p.m. **HEND**

Pregnancy Loss Support Group – 4th Tuesday, 7 p.m. **SGR**

RESOLVE Infertility Support – 2nd Monday, 6 p.m. **SAN**

Surviving Suicide bereavement support group for adults – 1st & 3rd Tuesdays, 6:30 p.m. **HEND**

Senior Peer Counseling – Call 616-4902 **HEND, WEST, RDL**

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. Call 616-4860 (monthly fee).



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: \$40**

NEW MOMMY MIXER

Fridays, 11 a.m.-noon

HEND

Wednesdays, 11 a.m.-noon

WEST



LABYRINTH FACILITATOR TRAINING

Join Labyrinth craftsman, Robert Ferre, to learn the skills to present labyrinth meditations, ceremonies and programs for friends, family, the public and places of worship.

Date: Friday, May 30; Saturday May 31

Time: Friday, 12 noon - 8 p.m.;

Saturday, 8 a.m. - 6 p.m.

Fee: \$50 per person

Place: SAN

LA LECHE LEAGUE

4th Thursday, May 22, June 26, July 24; 10-11 a.m.
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 are fitted for comfort and function. Extended sizes 36F-46H available.
HEND; WEST

BREASTPUMP RENTAL & SALES

Our lactation staff can help you decide whether 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.
HEND; WEST



PREGNANCY & CHILDBIRTH

MOMMY & BABY YOGA

Moms and babies ages 6 wks.-1 yr. join Rebecca Taylor for a stretching and bonding experience.

Saturdays, 1:45-2:45 p.m.

HEND: Free

PRENATAL YOGA

Join Cindy Lydon, certified whole birth prenatal yoga instructor, for a class that enables women to bond with their babies and trust in the birthing process.

Saturdays, 12:30-1:30 p.m.

HEND: Free

Mondays, 5:15-6:15 p.m.

WEST: Free

SWEET SUCCESS FOR TWO: GESTATIONAL DIABETES CONSULTATIONS

Learn to manage gestational diabetes and plan meals based on metabolic needs and food preference.

SIENA: \$40 per session. Call 616-4901 for appt.

PRECIOUS PREMIES SUPPORT GROUP

Join our nursery nurse and other parents to discuss your questions and find peer support. This group will help address your concerns and prepare you for bringing your new baby home.

2nd & 4th Thursdays, 5-6 p.m.

HEND

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. This class should be taken in addition to the childbirth class series.

Tuesdays, May 20, 27 & June 10, 17; 7-9 p.m.

WEST: \$75

Family Education

Call 568-9601 to enroll in Family to Family Classes

NATURAL FAMILY PLANNING

Learn natural ways to achieve or avoid pregnancy. Certified fertility care specialist, Mickey Bachman, RN.

Tuesday, May 20; 7:30-9:30 p.m.

WEST

Monday, June 23; 7-9 p.m.

RAN

NATURAL BIRTH OPTIONS

Learn how to ease and progress your labor naturally with birth balls, movement during labor and alternative positions for pushing.

Wednesday, June 4; 6-8 p.m.

HEND

HYPNOBIRTHING™

Learn the method of relaxed, natural childbirth enhanced by hypnosis techniques and taught by a certified HypnoBirthing™ educator. This class allows women to use their natural instincts to bring about a safer, easier, more comfortable birth.

Tuesdays, June 3, 10, 17; 6-9 p.m.

RAN: \$100 (includes book and two CDs)

Thursdays, July 3, 10, 17; 6-9 p.m.

WEST: \$100 (includes book and two CDs)



INFANTS, CHILDREN & PARENTING

CALL 568-9601 FOR FTF PROGRAMS

CALL 616-4900 FOR HEND & WEST PROGRAMS

MOTHERS OF MULTIPLES

2nd & 4th Mondays, 11 a.m.-12 p.m.

WEST

3rd Mondays, 11 a.m.-12 p.m.

FTF

CAR SEAT SAFETY CHECKS

Call 616-4901 for appt.

HEND; WEST: \$10 per family

STROLLER FIT

Stroller Fit will guide you through a safe, 50-minute workout to burn fat and build strength, endurance and flexibility. For more information call 419-6287.

Monday - Friday, 9 a.m.

Galleria at Sunset. Visit www.strollerfit.com/henderson for class pricing.

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, May 10 & 24; June 14 & 28; July 12 & 26; 10-11 a.m.

HEND

HERBS FOR KIDS

Learn how to use and make herbal medicine safely for children.

Saturday, May 24; 10 a.m. - noon

HEND; \$30 includes materials

TOOTH FAIRY TALK

Join Dr. Chad Ellsworth for a lecture on how to care for your child's teeth. Dental screening to follow.

Tuesday, June 3; 6-7 p.m.

HEND

WE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth to two years) learn ASL signs to stimulate communication that reduces tantrums and improves IQ and vocabulary. Call 616-4901 to register.

Wednesdays, June 4, 11, 18, 25; 11:30 a.m.-12:30 p.m.

Saturdays, June 21, 28 & July 12, 19; 9:30-10:30 a.m.

HEND: S99 (includes Sign With Your Baby kit)

Thursdays, July 3, 10, 17, 24; 10:30-11:30 a.m.

WEST: S99 (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, June 21, 28 & July 12, 19; 11 a.m.-noon

HEND: S85 (includes Pick Me Up kit)

Tuesdays, July 1, 8, 15, 22; 10:30-11:30 a.m.

WEST: S85 (includes Pick Me Up kit)

BUBBLE PLAY

Gear up for summer with tons of bubbles and songs!

Birth-48 months.

Tuesday, May 6; 10-11 a.m.

FTF

TODDLER PICASSO

Come dressed for a mess as we explore the world through a brush. 12-48 months.

Wednesday, May 7; 10-11 a.m.

FTF

GETTING THE MOST OUT OF YOUR BABY'S WELL CHECK-UP

Helpful tips for your next visit. Birth-12 months.

Thursday, May 29; 2-3 p.m.

FTF

LOVE & LOGIC - Early Childhood Made Fun!

Learn practical skills to handle the most frustrating parenting concerns. 5 sessions.

Tuesdays, June 3, 10, 17, 24 & July 1; 9-11 a.m.

FTF: \$25

LOOK WHO'S TALKING-UNDERSTANDING NEWBORN LANGUAGE

Learn the universal language of newborn babies. (Dunstan Infant Language—as seen on Oprah). Prenatal-3 months.

Thursday, June 12; 2-3 p.m.

FTF

TALK TIME WITH THE SPEECH THERAPIST

Focus on early language development, reading readiness and tools to encourage communication during the toddler years. 12-48 months.

Friday, June 20; 10-11 a.m.

FTF

HEALTHY SUMMER SNACKS

Get your toddler involved with choosing healthy snacks to eat for the summer.

12-48 months.

Thursday, July 10; 10-11 a.m.

FTF

STARTING SOLIDS

Join us as we discuss this important milestone in your infant's life. 4-12 months.

Tuesday, July 22; 10-11 a.m.

FTF

OUT OF THE SHOE BOX

The Shoe Man Randy Chalfin, of The Shoe Box, shares the information you need to know about choosing healthy shoes for your baby's feet. 9-48 months.

Thursday, July 31; 10-11 a.m.

FTF

ONLINE REGISTRATION AVAILABLE

FOR FAMILY EDUCATION CLASSES.

LOG ON TO: WWW.STROSEHOSPITALS.ORG
OR CALL 616-4901

ONGOING FAMILY EDUCATION CLASSES

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 - Free

Sibling Class - \$20/family

Bellies and Buddies (Pregnant Mom Club) - Free, 2nd Tuesday, 6-7:30 pm

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

Siena Campus Maternity Tour - 3rd Saturday afternoon or Monday evening.

Rose de Lima Campus Maternity Tour & Tea - 3rd Saturday morning.

San Martin Campus Maternity Tour - 3rd Saturday.

Gabby and Phuong



Rune, Diane and Matthew



Curing Childhood Cancer and Caring for the Entire Family

Gabby Johnson spent her second birthday at St. Rose Dominican Hospitals – Siena Campus where she was showered with gifts from the staff. Her parents, Diane and Rune Johnson, were grateful for the special treatment their daughter received, particularly considering that Gabby wasn't the patient. It was their four-year old son, Matthew, who had been admitted to the pediatric unit two days prior to Gabby's birthday after an emergency room CT scan revealed a baseball-sized tumor pressing against his eye.

Matthew was admitted to St. Rose 28 times within a year to treat an aggressive form of childhood cancer called "parameningeal rhabdomyosarcoma" as well as to manage his neutropenia (a frequent side effect of chemotherapy) which severely depletes white blood cells leaving his little body defenseless against bacterial infections.

It's the Little Things

Tears well up in Diane's eyes as she talks about Matthew's illness and how the staff at St. Rose helped her entire family through the toughest time of their lives. "I didn't cry much at the time. There was so much going on, and we needed to be strong for Matty. But when I think back and remember the hundreds of little things that St. Rose did for Matty, Gabby, our older son, Runey

– and even me and Rune – I get emotional," she says.

Diane recounts how St. Rose's Childlife Specialist, Mark Mostar, diffused Matthew's fear of shots. "He brought Matthew empty syringes and taught him how to fill them up with water, then they sat together and squirted anyone who walked into the room," she says. The very instrument Matthew feared became his tool of entertainment. Diane also mentions the extra efforts of nurses like Phuong Lam, RN, and LoAnn Larsen, RN. "Gabby loved the nurses' colorful medical scrubs. When Gabby told LoAnn that pink was her favorite color, LoAnn and Phuong coordinated wearing pink scrubs to work on the same day," says Diane.

Lori Kreiser, RN, also earned a special place in the Johnson family's heart. She had cared for Matthew before giving birth to her own baby. "Matthew was in the hospital on Lori's first day back from maternity leave. It must have been hard for her to leave her new baby that day, but when she saw Matthew, you would have thought he was the only child in the world," says Diane.

It's Attention to Detail

While Matthew and the rest of the Johnson family appreciated being "loved on," Diane also noted a different but vital kind of concern displayed by the pediatric staff. Two nurses verified the accuracy of everything from Matthew's I.V.

Matthew and Mark



Matthew, Lori and Runey



Children's Miracle Network of Southern Nevada recently received the Governor's Points of Light Award for dedication, commitment and determination in supporting volunteerism in Nevada.

bags to his medications before bringing them into his room. They also double checked his identification wristband against those medications and supplies to see that they matched. "I am a detail person so the attention to accuracy was very reassuring to me," says Diane, who personally reviewed Matthew's chart and physician's orders every day. "I needed to know everything about Matthew's care, and the staff always appreciated that I wanted to be on the same page with them."

It's Quality Care Close to Home

While Diane says it is hard to find a silver lining when your child is stricken with cancer, she feels blessed. "You know what is so amazing? Our insurance company made major changes to our hospital benefits about two weeks before Matthew was diagnosed with cancer. If the cancer was discovered any earlier, Matthew probably would have had to go to another hospital for treatment," she says. "Our experience would have been vastly different had we been continually traveling back and forth across town to be with Matty, to get Runey to kindergarten and his activities and to put Gabby to bed. Having St. Rose Dominican Hospitals so close to our home allowed us to maintain some sense of normalcy and physical unity as a family when it mattered the most." **WC**

continued on page 18

MAKE A MOTHER'S MIRACLE HAPPEN

A child with cancer, a two-year old who nearly drowned, infant twins with pneumonia...and at each of their bedsides, a mother keeping vigil. Help ensure that children hospitalized at St. Rose receive the very best of care by making a donation to the Children's Miracle Network, a nationwide, non-profit organization dedicated to saving and improving the lives of children. All funds raised here in Southern Nevada help care for children hospitalized at St. Rose Dominican Hospitals.

- **Buy a Balloon** (paper icon balloon) during Children's Miracle Networks annual spring and early summer balloon drive taking place at Costco, Walmart, Sam's Club, Green Valley Grocery, Auntie Anne's Pretzels and other retailers.
- **Make a Mother's Day Donation** knowing that what you give will purchase equipment and supplies vital to the care a mother's child receives.
- **Give a Gift** to Children's Miracle Network on your child's birthday. It's a great way to teach him or her about the blessing of good health and how their donation can be a gift of life for another child.

Make donations payable to Children's Miracle Network c/o St. Rose Dominican Hospitals, 3001 St. Rose Parkway, Henderson, NV 89052. For additional information, call 616.5755.

Confidence.
Your smile says it all!



S I M O N E
SMILE DESIGN

Voted "One of the Top Four Dentists in Las Vegas"
—"BEST DENTISTS," *LAS VEGAS LIFE* magazine
patricksimonedds.com
702-735-2755

Faculty member at
the UCLA Center
for Esthetic Dentistry



Master in the Academy of General Dentistry.
Member of the American Dental Association,
Nevada Dental Association & Clark County Dental Association.
Participant in the Seattle Institute for Advanced Dental Education.
Member in the Academy of Cosmetic Dentistry.



continued from page 17



LITTLE CONVENIENCES

The **Kid's Korner Grocery** is a family-friendly kitchen located right on the pediatric unit. It is fully stocked with fresh fruits, beverages, quick grab-and-go snacks and easy-to-prepare meals. "Matthew wasn't always hungry or awake at the normal meal times so I could fix him things like mac-n-cheese when he was ready to eat. I was able to grab snacks for Gabby or Runey, too," Diane says.

Kid's Korner Aprons function as name tags for the families of pediatric patients. A parent wearing a Kid's Korner Apron can dine in the hospital's cafeteria up to three times a day at no charge. "The aprons are a real convenience. The parents of sick kids eat a lot of meals at the hospital. It's nice that they don't have to stop and think about whether they have cash in their wallet. The hospital makes it easy for them to have a real meal," says Diane.

The **Healing Garden**, designed to be used by patients big and small, their loved ones and the hospital's staff, features a healthy dose of nature with its indigenous trees and plants and flowing waters. "Matthew didn't want to be cooped up inside day after day. I could grab some blankets and take him down there I.V. and all. We'd sit and talk and read books and laugh. It was his favorite spot at the hospital," says Diane.

Nurses' Insight on Supporting a Hospitalized Friend

Encourage Communication. A sick or injured patient may not fully understand tests or exams to be performed on them. By simply asking the patient, "Do you understand or do you need more explanation?" you could highlight the patient's need for more communication – and communication is a good thing.

Judi Burdine, Charge Nurse - *Interventional/Neuro Interventional Radiology Services*

Offer Specific Support. If you ask, "How can I help?" patients may say, "Don't worry about me." Try making a specific offer such as "I'd like to walk your dogs if that's okay with you. I could use the exercise myself."

Stay in Touch. Parents of sick newborns and children often find that friends distance themselves at a time when they need the most support. Keep in touch. Don't be afraid to mention the obvious; these parents would rather have some sort of communication than none at all.

Eileen Gilmartin, Charge Nurse - *Neonatal Intensive Care*

Leave Your Troubles Behind. Emotions run high when a family member or friend is hospitalized, even for a joyous occasion like the birth of a child. For the patient's sake, don't bring your issues with the patient or other visitors to their bedside.

Provide Comfort Items. Patients appreciate having the comforts of home. Soft pillows and cozy fleece blankets make great gifts, and patients perk right up for home-cooked meals. But check with the staff to make sure the patient doesn't have dietary restrictions.

Jane Rushton, Charge Nurse - *Joint Program, San Martín Campus*

Make it Quick or Quiet. Patients often tire themselves out trying to be good hosts or hostesses to visitors. Keep visits short or reassure the patient that it is okay for them to rest by saying something like, "I brought something to read. Why don't you rest and when you feel like talking or you need help, I'll be here."

Respect the Patient's Wishes. Don't get your nose out of joint if a patient doesn't accept visitors or decides to limit them. It usually has less to do with who they do and do not want to see and more to do with how they see themselves when they are sick or in labor. They might also need extra privacy to relax. Women sometimes comment that the most difficult aspect of having a baby is trying to have it their own way without offending extended family members who want to be in the room. **WG**



3 WAYS TO REACH OUT TO PATIENTS

Visits, phone calls and cards are some of the most traditional ways to express support for a patient. Here are three additional ways to keep in touch even when you can't be at their bedside.

- 1. Visit St. Rose CarePages.** These free, personal, private Web pages help family and friends communicate with patients before, during or after hospitalization. Invited guests can access the most recent news, photos and messages about the person receiving care, as well as post their own messages of support. Visit strosehospitals.org for more information.
- 2. Write an E-mail.** St. Rose patients can stay connected through the GetWellNetwork. By using their hospital room televisions and key-boards, patients can access the Internet, Hollywood movies, games and music, as well as their established e-mail accounts.
- 3. Send Flowers.** If a big bouquet is not in your budget, place a phone order for a small arrangement of flowers, a bud vase or other appropriate gift via St. Rose gift shops for as little as \$10. Call 564-4605 (Rose de Lima); 616-5605 (Siena); 492-8697. (San Martín).

Is Bottled Really Better?

Of all the choices of water available to you, only one must meet all federal standards of the Safe Drinking Water Act. Do you know which it is? The answer may surprise you – **it's your tap water.** Thanks to cutting-edge technology used to treat our drinking water, Southern Nevada's tap water continues to **meet** or **surpass** federal Safe Drinking Water Act standards. Isn't that refreshing?

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.



Tap vs. Bottled

SNWA MEMBER AGENCIES

Big Bend Water District

City of Boulder City

City of Henderson

City of Las Vegas

City of North Las Vegas

Clark County Water Reclamation District

Las Vegas Valley Water District

Summer Safety

As people start packing ice chests for the summer season, emergency departments are preparing medical supplies for “trauma season.” Memorial Day, Independence Day and Labor Day are the busiest times for emergency departments, and traumas involving children rise right along with the temperature during the summer.

Dr. Jeff Bracey, D.O., Medical Director of St. Rose’s San Martín Campus Emergency Department, offers these safety tips:

Get in Gear

Helmets and other safety gear significantly reduce the risk of head, brain and bodily injury. Make safety gear a requirement when your kids ride bikes, skates, skateboards or scooters, as well as when you go somewhere like Kelso Dunes or Duck Creek, Utah, to ride dirt bikes and quads.

Be Water Smart

Drownings can happen to even the most conscientious families because many people don’t realize that a small child can drown in any water deep enough to cover his or her mouth and nose, including a plastic wading pool or a pail of water. It only takes about two minutes under water for a child to become unconscious and just four to six minutes – about the time it takes to answer the front door – to sustain permanent brain damage or die. We promote the Southern Nevada Health District’s ABC&Ds of Drowning Prevention:

- **A = Adult supervision.** Maintain constant visual contact with kids in or around water.
- **B = Barriers.** Create layers of protection around your pool including locking pool perimeter gates, back yard and back door locks and pool alarms.
- **C = Classes.** Invest in swim lessons for children and CPR classes for parents and teens.
- **D = Devices.** Buy and maintain personal flotation devices (PFD’s), life jackets and rescue tools including life preserver rings and shepherd’s crooks.

Beef up on Barbecue Safety

Gas barbecue grills have gotten bigger and more powerful, so we encourage families to read the safety manual that comes with a new grill or to look up safety tips on the Internet. To prevent fires, existing gas grills should be checked for leaks, cracks or brittleness, and tubes leading to burners should be cleaned out and a fire extinguisher, a

Pool Parties safety may be as simple as hiring a lifeguard to watch little ones in and around the water while you barbecue and entertain guests. Lifeguards2U is one local company that provides lifeguards for private parties and birthdays. Visit lifeguards2u.com for more information.

Sunscreen is not recommended for babies under six months of age. To protect them from the sun’s damaging rays, use hats, umbrellas and protective clothing.

garden hose or at least 16-quarts of water should be kept close at hand. It’s also a good idea to draw a “safety zone” line around the grill with sidewalk chalk to help protect small children from burns.

Let Freedom (with Responsibility) Ring

Older kids typically have more freedom to roam in summertime so talk to your kids about respecting pedestrian rules, driving rules and pool rules. Also discuss how they can stay safe in potentially dangerous situations that involve suspicious strangers or peer pressure. St. Rose and various schools around town offer Love & Logic classes that provide strategies parents can use for coaching their kids on how to make good, thoughtful decisions. The best part is there are no lectures so kids are less likely to tune you out. **WC**

FIRECRACKER, FIRECRACKER, BOOM, BOOM, BOOM!

“If your child’s eye gets injured by a sparkler, bottle rocket or firecracker, do not rub the eye, flush it with water or place ointment on it. This may cause more harm to the eye,” says Dr. Rudi Manthei, ophthalmologist. “Place or tape something such as a foam cup over the eye to protect it from contact with any item, including the child’s hand. Then get to your doctor’s office, your ophthalmologist or nearest emergency room for help.”



Dr. Jeff Bracey, D.O., Medical Director of St. Rose’s San Martín Campus Emergency Department



Beth's pregnancy photo shoot clothes provided by Bellies & Blossoms.

The latest news on Beth Fisher

As Beth Fisher walks through the doors of St. Rose Dominican Hospitals – San Martín Campus, she exudes the cordial confidence that made her an award-winning television news anchor. But last August, after eight years of anchoring KVBC Channel 3's 4 p.m. and 6 p.m. newscasts, Beth announced she would sign off the air to serve as the full-time anchor of the Fisher-Glassford household.

"I still remember her statement," said Linda Roth, one of Beth's many fans. "She said, *'There are hundreds and thousands of women qualified to do my job at Channel 3, but only one woman in the world qualified to be the mother of my little girl, Elle.'* It was such a touching statement, and one to which so many mothers could relate."

Beth talked and prayed with her husband, Rian Glassford, for months before making the decision she felt was best for her family. "I was torn in two directions. I loved my job, and Channel 3 did its best to make the job work for me, but I had this beautiful baby at home, and we wanted to have another one," she says. "Our hope was to have our children about two years apart. As it turned out, the timing couldn't have been better. I got pregnant during my final week at work. Our second baby is due on Elle's second birthday."

Beth considers the ease with which she has conceived her babies a precious gift and takes her role as an expectant mother, a mommy and a wife seriously. Yet, while Beth, the newscaster, read a wide scope of health and medical reports for her on-air medical segments, Beth, the mother, has become more selective about what she reads.

“I have tons of books on pregnancy and parenting. There’s some good information out there, but I found some of it intimidating,” she says. “It made me worry about whether my pregnancy was going by the book, if my baby would be okay, and if she would reach development milestones at just the right moments. Every child is unique. So I probably won’t read a pregnancy or parenting book from cover to cover until someone publishes *How to Raise Elle*.”

For now, Beth cherry picks a few ideas from books but prefers to watch and learn from other parents she admires, as well as work with her husband to forge their own parenting path.

Partners in Parenting

When asked about Rian, Beth sighs and says, “I am so lucky. Rian and I had the chance to spend five years together before having a child. It was a special time,” she says. “But just when I thought I knew everything there was to know about him, I learned how much more capacity he has as a person by seeing him as a father.”

Beth was a bit surprised to learn that Rian’s approach to parenting sometimes differed from her own and feels that the first weeks and months of parenting can be a vulnerable time for new mothers and fathers. “It’s easy to take your spouse’s input – or another person’s input – as criticism,” she says. “But we’ve found that making suggestions is a way of learning out loud. It’s part of the process of developing a shared parenting style.”

Beth and Rian are also learning the importance of scheduling some “alone” time. “We implemented a date night. Between work, a baby and family

commitments, days and weeks can pass before a couple has a chance to reconnect. Our dates are simple, but they’re worth it. I believe that the best gift I can give my kids is an intact marriage,” she says.

Birth Plans

Beth recently got a feel for St. Rose Dominican Hospitals – San Martín Campus where she plans to give birth to her second child. “Elle came down with a 104-degree temperature over the weekend. Her fever broke Saturday night, but on Sunday she developed a rash all over her body. We brought her to the emergency department to make sure she was okay and to find out if she had something contagious that might put the baby at risk. The care was brilliant,” she says.

Beth’s birth plan is to deliver her baby without induction, epidural or other pain medications. “I delivered Elle without pain blockers and I was up and full of energy right after she was born. But I like the comfort of being in a medical setting where we will have the help we need in the event medical intervention is necessary,” she says.

In order to prepare for delivering Elle naturally, Beth took Prepared Childbirth Classes and Hypnobirthing classes which she believes “worked a bit too well.”

“I was pretty relaxed when I was in labor with Elle,” she says. “I stayed at home until about 6 a.m. waiting for the ‘Hollywood Labor’ that you see on TV shows.” Beth’s delivery nurses told her that if she had been any later in leaving her house, she might have given birth to Elle in the couple’s Ford Expedition, which would have made quite a story.

BONDING WITH BABY

Reserve plenty of quiet, skin-to-skin contact time between you and your baby as soon as possible after birth. By wearing your hospital gown with the opening toward the front or a wrap-style robe, you can lay baby – dressed down to just a diaper – against your bare chest allowing baby the opportunity to get to know you through his or her senses of smell, sight, hearing, touch and taste. This concept, often referred to as Kangaroo Care, can help soothe a baby and may promote ease in breastfeeding.

Barbara Gunn, RN, the manager of the St. Rose Dominican Hospitals – Siena Campus Level III Neonatal Intensive Care Unit (NICU) recommends Kangaroo Care for moms who, because of difficulties they or their babies experienced during or after delivery, may not have held their babies as soon or as closely after birth as they would have hoped. “There are times when that skin-to-skin contact time is delayed,” she says. “The window of time for bonding won’t close. When mom and baby are finally able, this skin-to-skin contact time can help ease anxieties and promote healing and bonding.”

Experts recommend at least 20 minutes of skin-to-skin time, eight to 12 times a day. If you don’t have ample privacy or down time, share the experience. Kangaroo Care is a great way for baby to bond with daddy, too.

continued on page 25

Style that sets us apart from the rest.



See for yourself the distinction in our new home designs.

Northwest

NORTHERN TERRACE
Providence master plan
Four unique villages
15 beautiful model homes
Recreation center with 3 pools,
spa, fitness center, lounge &
children's play areas
702-648-3300

CONCORD
1,320 - 1,652 sq. ft.
From the upper \$100's

SALEM
1,615 - 2,027 sq. ft.
From the low \$200's

BROOKLINE
2,319 - 3,028 sq. ft.
From the upper \$200's

ANDOVER
All single-story
Gated community
1,579 - 2,124 sq. ft.
From the upper \$200's

Southwest

YELLOWSTONE at Mountain's Edge
Three villages
Recreation center with 3 pools,
spa, fitness center & children's play areas

WHITewater
1,617 - 2,019 sq. ft. • From the mid \$200's
702-870-2500

GREAT FALLS
1,267 - 1,686 sq. ft. • From the low \$200's
702-565-7700

EVERGREEN
All single-story, gated community
1,757 - 2,124 sq. ft. • From the upper \$200's
702-458-7400

WATERMARKE at Mountain's Edge
Condominium homes • Recreation center
1,085 - 1,549 sq. ft. • From the mid \$100's
702-730-2800

SUMMER TRAIL at Mountain's Edge
Gated community
2,318 - 3,028 sq. ft. • From the low \$300's
702-643-1800

South/Henderson

INSPIRADA
Master planned community
702-369-6100

ESTATE HOMES
3,043 - 3,402 sq. ft.

CITY HOMES
1,110 - 1,550 sq. ft.

GARDEN HOMES
1,637 - 2,186 sq. ft.

VILLAGE HOMES
2,207 - 2,960 sq. ft.

North

GEYSER PEAK
Gated community
2,030 - 3,045 sq. ft.
From the mid \$200's
702-638-2700

Square footages are approximate. Prices, specifications & availability are subject to change without notice. See sales agent for details.

MeritageHomes[®]

Brokers Welcome



www.MeritageHomes.com

An Unscripted Job

Beth tries to put her best face and best efforts forward as a mother – just as she did when she delivered the news. However, she says, “I just had dinner with Nina Radetich (former anchor of Channel 3’s 5 p.m. and 11 p.m. newscasts), and I’d freely admit to anyone what I told her. I have had my most frustrating days being at home full time but I have also had my highest of highs. It’s been so worth it for my family.”

So without the aid of scripts, teleprompters or camera cues, Beth is happy to head a household she describes as a place of “joyful chaos.” She says she has times when she feels good at her job and moments where she has her own little, impromptu pity party. It’s all okay with Beth because she says she’s yet to meet the mother who says, “I’ve got it. I’ve got this mothering thing totally down.” **WC**

BETH ON PREPARED CHILDBIRTH EDUCATION:

Childbirth classes are worth it. I learned a lot, but more importantly, I received encouragement. The classes gave me the confidence to make choices about my delivery and how to care for my baby. One of my favorite classes was Hypnobirthing. It helped me totally relax during labor.

BETH ON MIXING WITH OTHER MOTHERS:

Mommy-and-me type opportunities are a great way to connect as women and mothers. We can learn a lot through sharing stories and ideas, but some of the harrowing delivery stories moms tell can make a pregnant woman anxious. I think it’s okay for a pregnant woman to say, “I really want to hear your story, so please remember to tell me after my baby is born.”

BETH ON BREASTFEEDING SPECIALISTS:

I think it is great that the WomensCare Center’s certified breastfeeding specialists make rounds to support each new mother at St. Rose. You can read about breastfeeding techniques in books and talk about it in classes, but if your hope and plan is to breastfeed your baby, having a “personal trainer” who provides gentle coaching is such a plus.

SISTER MARIE DANIEL’S INTENSIVE CARING

As part of a historical project for the Church of Jesus Christ of Latter-day Saints, St. Rose physician, Dr. Harold Miller, retold the story of performing Clark County’s first blood transfusion for a newborn with RH factor incompatibility. For several years prior to the advent of neonatal units, the newborn held the record as the smallest surviving infant in the valley at one pound eleven ounces.

“There was no such thing as Neonatal Intensive Care Units (NICU). Our NICU was our beloved Sister Marie Daniel. She maintained a near twenty-four-hour vigil over infants with only brief moments away from the crib side,” he said. Such was the case of this little girl who was born at about twenty-six-weeks gestation (or about three months premature).

Because Sister couldn’t always be at the side of the baby’s bassinet, she created a sling of sorts within her apron that allowed her to carry the baby (hands free), keep an eye on her and keep her warm wherever she was called within



the hospital. The concept, somewhat similar to front baby carriers that are so popular today, helped the baby survive and thrive.

While the little girl and her family eventually moved away from Las Vegas, her mother brought her back to St. Rose Dominican Hospitals – Rose de Lima Campus eighteen years later to see the site of her small beginnings. The tiny newborn had blossomed into a lovely, petite young woman who had graduated from high school with honors and spoke three languages fluently. According to Dr. Miller, she was somewhat amazed in the delight the Sisters and doctors took in seeing her again.

PATIENTS PREFER ST. ROSE

According to patient surveys, eight out of 10 patients who went to the St. Rose Dominican Hospitals – Siena Campus would definitely recommend it to family and friends, which is 21 percentage points higher than the national average.

The patient recommendation findings come from one of 10 questions on patient satisfaction surveys released recently by the U.S. Centers for Medicare & Medicaid Services, the agency that runs the government’s insurance programs for the disabled, elderly and poor.

Patients treated at the non-profit St. Rose Dominican Hospitals — Rose de Lima Campus and Siena Campus — consistently rank them above local for-profit facilities. Only about half of patients treated at for-profit hospitals in Southern Nevada said they would recommend those hospitals to others.

St. Rose Dominican Hospitals – San Martín Campus rankings were not reported since the hospital had been open less than a year at the time of the survey.

**DO YOU HAVE A ST. ROSE DOCTOR?
702-616-4508**

...then comes baby and the baby carriage...
NOW WHAT?



Nevada Federal has the answers to cover the financial part of that question — from checking to financing a bigger home to saving for your child's future and everything in between.

- ✂ **New Start and Free Checking Accounts**
- ✂ **Full-Service Realtor Services**
- ✂ **First-Time Home Buyer Programs**
- ✂ **Coverdell Education Savings Account**

Proudly serving the financial needs of new parents since 1950.

Isn't it time **You** joined? All Clark County residents can open an account today!

18 Valley Branch Locations • nevadafederal.org • 457-1000

Bring in this ad and

Get \$100

deposited into your savings account after you open a new full-service* account.



NEVADA FEDERAL[®]
CREDIT UNION



*Full-service account includes Savings, Checking, Visa® check card and E-Statements. Other terms and conditions apply. Ask for details. Offer expires June 30, 2008. 04/2008. FSR use FT code CA.

ST. ROSE HOSPICE SERVICES

PROVIDING HOME-BASED COMPASSIONATE CARE EVEN WHEN NO CURE EXISTS

Rhoda Sosa, RN, is one of St. Rose Dominican Hospitals' Nurses of the Year, and for the better part of a decade she has taken the healing ministry of the Adrian Dominican Sisters directly into patients' homes. Rhoda's peers and patients recognize that she likes her job and takes her role as a care provider and an educator seriously. "Home health nurses provide medical treatment, but we also proactively teach patients – and their loved ones – how they can address their conditions and care for themselves," she says. "Our focus is to help cure a patient's illness or, if that's not possible, to help him improve a chronic condition in order to avoid re-hospitalization."

Rhoda's first encounter with a new patient always begins with a warm greeting; then she moves into assessment mode. She surveys the living space to ensure that her patient can navigate his way around safely, and she evaluates the patient's support system to see if there are family members or friends to help out when needed. She measures the patient's vital signs, administers treatments and serves as a liaison between the patient's doctor and other members of the patient's care team, which might include a nurse's aide, a physical therapist and an occupational therapist, among others. Rhoda asks a lot of questions and provides a great deal of feedback as she works

At times, however, even the most advanced treatment and thorough educational efforts cease to be effective in reversing or halting the course of a patient's condition. At the point that a doctor rules Rhoda's patient's prognosis as terminal, meaning that he or she has approximately six months or less to live, the most important question Rhoda may ask is "How and where do you want to spend the last part of your life?"

The Importance of Being in Tune with a Patient's Wishes

Research studies indicate that most Americans, given the choice, prefer to spend their final stage of life (which includes dying) in the comfort of their own homes, surrounded by the people they know and love. With St. Rose Dominican Home Health Services' recent expansion into providing home-based hospice service,

Rhoda can continue to care for her terminally ill patients even when they cannot be cured.

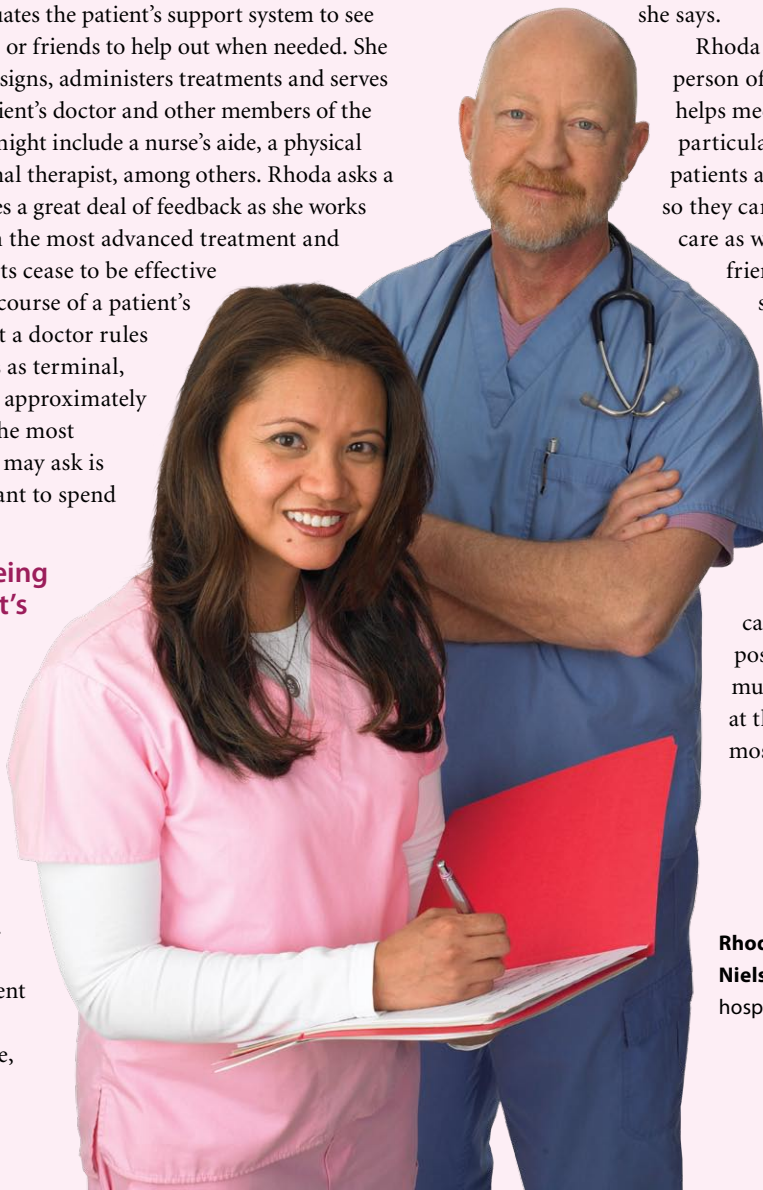
"Terminally ill patients can find comfort in receiving hospice care services from nurses and care providers they have become familiar with through home health care," says Rhoda. Yet, while the job descriptions for a home health nurse and a hospice nurse may seem quite similar, Rhoda has learned that the tenor of hospice care is actually different by watching veteran hospice nurse, Dana Nielsen, RN, attend to his patients and their families.

"The educational component is still there and remains an ongoing process. We walk the family through the steps of caring for their loved ones. We talk to the patient and family about what decisions need to be made and what changes the patient will undergo as his or her organ functions slow down," she says.

Rhoda also continues to serve as the point person of an interdisciplinary care team and helps medically manage patients' symptoms, particularly their pain. "We try to keep patients as pain-free as possible, yet still alert so they can actively make decisions about their care as well as interact with their family and friends," she says. "St. Rose hospice care services strive to bring dignity and quality to the patient's last stage in the circle of life."

Rhoda believes the difference in her dual nursing roles might be described by a music analogy. "As a home health nurse, I am like a peppy tune that helps jump start the day. I've learned the gentler approach of hospice care from Dana. His approach is still positive, but it is more like the soothing music you might choose to listen to at the end of the day – and at the end, most people want to be at home."

continued on page 29



Rhoda Sosa, RN and Dana Nielsen, RN are St. Rose hospice nurses.



NO BREAST SCAR AUGMENTATION.

LET DR. CAMBEIRO HELP ENHANCE YOUR CONFIDENCE. AS ONE OF LAS VEGAS' ONLY PLASTIC SURGEONS UTILIZING THE NEWEST ENDOSCOPIC TECHNOLOGY, YOU'LL HAVE MINIMAL SCARS TO HIDE OR HATE.

SPRING SPECIALS*

\$450 RESTYLANE, JUVEDERM & PERLANE

RECEIVE ADDITIONAL \$25 OFF WHEN YOU BRING A FRIEND!



*Expires 6/30/08. Only for new patients for Nurse Injector.



TUMMY TUCK | LIPOSUCTION | BODY LIFT | BODY CONTOURING
FACIAL REJUVENATION | BREAST REVISION SURGERY

702-566-8300 | ARTHUR M. CAMBEIRO, MD
MAYO CLINIC TRAINED | BOARD CERTIFIED BY THE AMERICAN BOARD OF SURGERY
BOARD CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

2821 W HORIZON RIDGE PKWY STE 100 | WWW.SURGISPA.NET



LAS VEGAS' TOP DOC - LAS VEGAS LIFE 2006 & 2007
BEAUTY HEALTH FITNESS MAGAZINE 2005/2006 | TOP 40 UNDER 40 2007

WHILE THE MAJORITY OF AMERICANS WOULD PREFER TO SPEND THEIR FINAL STAGE OF LIFE AT HOME, MANY ARE UNFAMILIAR WITH HOME-BASED HOSPICE CARE SERVICES. WOMENSCARE ASKED JOY SWITLICK, RN, THE DIRECTOR OF ST. ROSE DOMINICAN HOSPITALS' HOME HEALTH & HOSPICE SERVICES, TO ANSWER QUESTIONS THAT WILL HELP PROVIDE OUR READERS A BETTER UNDERSTANDING OF HOW HOSPICE AIDES TERMINALLY ILL PATIENTS AND THEIR LOVED ONES.

WomensCare: What is hospice care?

Joy: Hospice is a philosophy of caring that recognizes death as the last stage of life. Hospice services affirm life; they do not hasten or postpone death. St. Rose treats the patient's physical, mental, social and spiritual needs and highlights the quality of life rather than its length.

WC: Can a nurse address all of a hospice patient's needs?

Joy: Nurses like Rhoda are highly skilled, but they don't go it alone. *NurseWeek Magazine* describes hospice nurses as the "cog in the wheel." They are able to keep an entire hospice care team – the medical director, the patient's own physicians, social workers, nurses aides, chaplains and volunteers – communicating and involved in caring for the patients and their loved ones.

WC: Is hospice care reserved for patients who only have weeks or days to live?

Joy: People often first hear of hospice in relation to a person who has terminal cancer and only days to live. However, we see hospice patients with congestive heart failure, dementia, chronic lung disease and other conditions. The unifying factor is that these patients have a limited amount of time – usually six months or less – to live. The earlier an individual receives hospice care services, the better opportunity we have to stabilize his or her medical condition, alleviate symptoms and address the patient's needs and wishes.

WC: Isn't it stressful and painful for family to care for a loved one and watch him or her die at home?

Joy: When someone has a terminal illness, family and friends are bound to feel pain. Hospice services address all their needs. The team helps teach them how to care for their dying loved one. They try to prepare family and friends for the loss of their loved one from an emotional and tactical standpoint. Family members are closely involved in decision-making, and our hospice care team provides or arranges counseling, education, short-term respite care and bereavement support for those close to the patient. Ultimately, many families find that they have more quality time with a loved one if they can all be at home.

WC: Is hospice care provided 24/7?

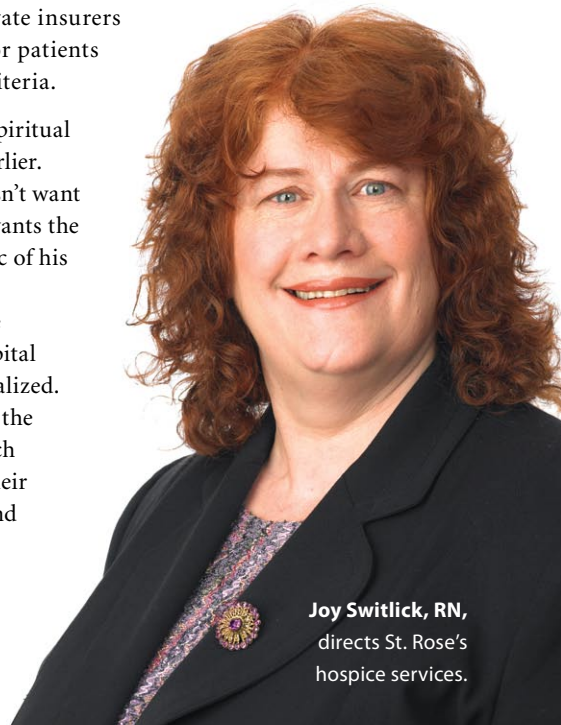
Joy: The hospice team visits patients intermittently and can be contacted 24 hours a day, seven days a week for support and care. They can help the family arrange for 24-hour attendant care, if necessary.

WC: Isn't the cost of bringing all these services to someone's home astronomical?

Joy: While many people are familiar with the concept of hospice facilities, the majority of hospice care services are actually provided within a patient's own home. St. Rose's Home Health & Hospice Care is licensed to care for hospice patients who are at home or in a skilled nursing, assisted living or residential care facility. Fortunately, respecting someone's wish to die at home is not necessarily more expensive. Hospice care services often cost less than hospitalization, and people are now learning that hospice care is covered by Medicare and Medicaid. Many private insurers also cover the cost for patients who meet hospice criteria.

WC: You mentioned spiritual care and chaplains earlier. What if a patient doesn't want spiritual support or wants the involvement of a cleric of his or her own faith?

Joy: St. Rose's hospice services, like our hospital services, are individualized. Our goal is to uphold the patients' dignity, which includes respecting their values, their beliefs and their wishes. **WC**



Joy Switlick, RN,
directs St. Rose's
hospice services.

WHERE'S YOUR LIVING WILL?

Would your loved ones or healthcare provider know where to find your Living Will if you experienced a life and death medical emergency? The State of Nevada's Living Will Lockbox (maintained by the Secretary of State's office) is a simple and secure approach to ensuring that a copy of your advance directive will be kept confidentially and readily available to you and your health care provider, when needed, 24-7. Make your medical wishes known by filing your information at www.livingwilllockbox.com or on the Secretary of State website www.nvsos.gov. Registration is free and instructions, forms and resources needed to register are available online.

FASHION

Along Came A Spider
Ann Taylor Loft
Anthropologie
Brighton Collectibles
Cachet
Chico's
Coach
Coldwater Creek
Colorz
Desert Daisy
A Lilly Pulitzer® Signature Store
Francesca's Collections
Gymboree
J. Jill
Jos A Bank Clothiers
New Balance
Pink The Boutique
Roni Josef Design
Talbots
The Walking Company
White House | Black Market

SPECIALTY STORES

Absolute Pilates
Alligator Soup
Argento Jewelry
Aveda - Gianna Christine
Spa , Salon & Wellness
Bluestone Gallery
DaMincci Jewelers
Fidelity Investments
Flea Bags Barkery & Bowtique
Floral Essence
Hallmark Gold Crown
Las Vegas Golf & Tennis
Magnolia Lane
My Gym Children's Fitness Center
Optic Gallery
Pottery Barn
Pure Beauty Salon
REI
Sharper Image
The Sports Shop
West Elm
Whole Foods Market
Williams-Sonoma

DINING

Al's Garage
Balboa Pizza Company
Ben & Jerry's
Coffee Bean & Tea Leaf
Crazy Pita Rotisserie & Grill
Elephant Bar
Ethel's Chocolate Lounge
Gelato Cafe
Kennedy Tavern
King's Fish House
La Salsa
Lucille's Smokehouse Bar-B-Que
Panera Bread
P.F. Chang's China Bistro
The Cheesecake Factory
Tacone Flavor Grill



SHOP | DINE | LIVE

More than 60 national brands, unique boutiques,
specialty shops, and dining options.

THE DISTRICTSM

at green valley ranch

www.TheDistrictAtGVR.com

I-215 & Green Valley Parkway | 702.564.8595

The shops and restaurants of The District are located on the east and west sides of Green Valley Parkway

an American Nevada Company address

LET'S TALK: IS MODESTY MAKING A COMEBACK?



WHAT'S TOO SEXY?

The *Wall Street Journal* recently reported that Victoria's Secret executives who have long asked, "What is sexy?" are now trying to figure out, "What's too sexy?" According to the company's executives, "Victoria's Secret will return to an ultra-feminine lingerie brand to meet customer needs and expectations." The revamping of the company's product lines follows a drop in sales.

Questions to chat about:

- Is modesty making a comeback or is the decrease in Victoria's Secrets sales the results of a sluggish economy?
- Is lingerie a luxury you are less likely to splurge on when money is tight? What other indulgences do you forgo when you have fewer discretionary dollars?
- What is your definition of modesty? Of sexy? Can a woman be modest and have sex appeal at the same time?
- Are fashion designers soul-searching or is marketing modesty simply the newest fashion craze?

IS SIX THE NEW SEVENTEEN?

In her book, *Stop Dressing Your Six-Year Old Like a Skank**, author Celia Rivenbark asks, "Whither (where are) the adorable seersucker? The soft cotton dresses in little girl colors?" But a quick review of the websites for retailers such as Limited Too, Abercrombie & Fitch and Hollister, suggests that tees with suggestive slogans such as "So many boys, so little time" and "Girls rule, boys drool" may no longer be the rage.

Questions to chat about:

- Is there any truth to the author's comment that "six is the new seventeen?"
- Is there any harm in girls – preschoolers to teens – wearing "mini me" versions of women's wear, trends like skimpy tees and low-rise jeans, sequins, or suggestive slogans?
- Where can mothers find modest clothing for females from little girls to teens?
- How can you encourage your daughter to dress modestly without totally invalidating her sense of fashion?
- What are the pros and cons of schools requiring uniforms as a way to manage modesty in school dress?

**The book discusses an array of topics and uses some descriptions which some readers may find offensive.*

FLEX YOUR MODESTY MUSCLES

Communicate – If you can't find modest clothes for your daughter, share your concerns with store clerks, managers and company headquarters. If you don't get a satisfactory answer, consider taking your shopping dollars elsewhere. But be prepared. You may have to spend a little more to find clothing that provides extra coverage and less suggestive slogans.

Recycle – Give and receive by exchanging your daughter's gently-used, modest clothing with other families in your

neighborhood, play group or church.

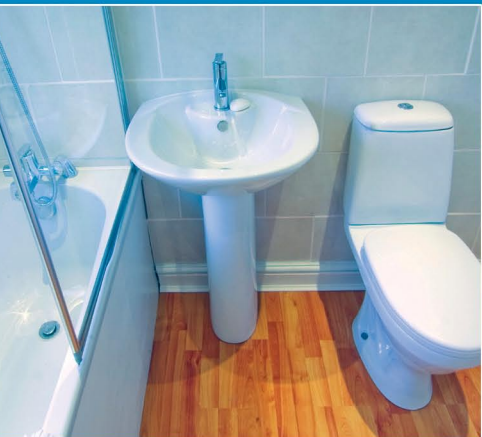
Cooperate – You like lady bugs, she likes animal prints and slogan tees. What to do? Build a sense of cooperation well before shopping trips. Try making homemade milkshakes and popcorn and browse catalogs, magazines or websites with your daughter to let her point out what she likes. While she might initially pick out a T-shirts that reads "I'll try to be nicer if you try to be smarter," you might discover that all she really wants is a slogan T-shirt and

will be happy with one that reads, "Hug a tree" or better yet, "peace."

Compliment – If you and your daughter have gone round and round about wardrobe choices, be sure to compliment her when she makes positive wardrobe choices, but try not to overdue it, or take credit for it, or she may find you as transparent as a sheer top. Also, keep in mind the importance of affirming her character by complimenting her for displaying good values such as honesty, empathy and hard work.

WHOLE HOUSE WATER TREATMENT

World's Best Drinking Water System



Stop scrubbing sinks, tubs & toilets.



Removes hardness & chlorine for softer, smoother skin & cleaner, silkier hair.



Get clean laundry for a change. Save on soap products.

Clean, soft purified water with

NO Electricity, NO Salt*

Delivers the purest water in independent tests.

Conserves water.

TRY CONDITIONED WATER & PURE DRINKING WATER FOR ONLY

\$950 Introductory
Rental Trial

www.kwater.com

Call our Las Vegas office at 888-748-1935

Tracking # M14C

Kinetico quality water system/Las Vegas, Nevada
NSL 46462 • All offers OAC *Using K-lite



 **Kinetico**[®]
home water systems
Nationwide Since 1970



St. Rose Dominican Hospitals

A member of CHW

102 East Lake Mead Parkway
Henderson, Nevada 89015
(702) 616-4900
www.strosehospitals.org

Postmaster: Please deliver within May 1-4.

Non-Profit
Organization
U.S. Postage
PAID
St. Rose
Dominican Hospitals