

A MAGAZINE FOR YOUR MIND, BODY AND SPIRIT

WomensCare

FALL 2008 • ISSUE 39

**ENJOY A
HEALTHY
HOLIDAY!
CREATE A FAMILY
HEALTH HISTORY**

**BARB
KRUGER'S
WINNING
SEASON**

**TEENS CAMPAIGN
FOR CHILDREN'S
MIRACLE NETWORK**

**GIVE THE GIFT
OF QUALITY
HEALTHCARE**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

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Magical



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coverstory

MEET BARB KRUGER

Her husband, Lon, is routinely photographed for publications — and with good reason. Lon has coached the UNLV Runnin' Rebels basketball team to two Mountain West Conference Tournament Championships in just four years. His successful coaching — and community commitment — recently earned him a spot on the cover of the Embarq Yellow Pages.

Posing for a magazine cover is, however, a new experience for Barb who says that she's not very good at basketball even though the game has been very good to her. "Basketball has enabled me to get involved in a number of worthy causes since we moved to Southern Nevada," said Barb. "Basketball has also provided Lon and me the arena to promote issues of importance to us, like good health."

It's Barb's enthusiasm about stepping off the sidelines and taking an active role in improving our community's health that gave *WomensCare* magazine good reason to feature her on the front cover of this edition.

PRAYER SHAWLS

Barb is pictured with a prayer shawl wrapped around her shoulders. The shawls, handmade by local women who put care and prayers into them, help bring emotional, spiritual and physical healing to St. Rose patients or the family members at their sides.

If you would like to join one of the *WomensCare* Center's prayer shawl circles or form a prayer shawl circle of your own, call the *WomensCare* Center at 616-4900.

PLEASE DONATE YARN

Donations of yarn can help defray the personal costs our spirited volunteers incur in making prayer shawls. Donations can be dropped off at either of the *WomensCare* Centers or the information desks at any of St. Rose Dominican Hospitals' three acute-care campuses.

letter

FROM THE PRESIDENT



Dear Readers,

As 2008 draws to a close, the days are getting shorter and darker but the light of the human spirit will shine its brightest as families and friends gather around dinner tables, altars and fireplaces to give thanks and share gifts.

Many individuals and families are scaling back what they spend this year on gifts such as toys, electronics, jewelry, perfumes and neckties in consideration of the current economy. Yet many will find even greater joy these holidays through the celebration of the gifts of family, friends, health and community.

Good health is among life's greatest gifts. It's worth working for and supporting — which is why the St. Rose Dominican Health Foundation is inviting you to make a gift to St. Rose Dominican Hospitals' health care ministry.

Your gift, large or small, might be made to honor a child who was welcomed into your family at St. Rose, to recognize the quality care you received at St. Rose, to help ensure that quality medical care is readily accessible in the event you or a loved one need it or to remember someone who experienced a peaceful, dignified passing at St. Rose. We wish you and yours a healthy holiday season.

Rod A. Davis

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

WOMENSCARE CENTERS

Director: Holly Lyman

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Amy Godsoe; Trianna Hunter, RN, CLC;
Arla Leins, CLC, Avery Lewisohn, IBCLC,
Brittany Massenburg, R.D., CLC; Kim Riddle, CLC;
Linda Roth, CLC; Patty Vanderwal, CLC

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Published quarterly by St. Rose Dominican Hospitals

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.

The BARBARA
GREENSPUN
WomensCare
Center of Excellence



St. Rose Dominican Hospitals
A member of CHW

Joshin' around with Children's Miracle Network teens

Meet Josh (below) and Tabbie (pictured on page 7). They are fun loving teens who are serious about supporting Children's Miracle Network. Every dollar this national nonprofit organization raises in Southern Nevada benefits St. Rose Dominican Hospitals' neonatal and pediatric units.



"We'd like to ask the teens and families of Southern Nevada to support Children's Miracle Network and St. Rose ... even if you can only give \$1 or \$2. Quality, compassionate care counts." - Josh Capp

Josh Capp vividly recalls sitting down to tickle the ivories of his family's upright piano when he was just five years old, but he doesn't remember when his headaches began. To the best of his recollection, he spent much of his youth in what he describes as a pressure chamber but playing music was one of the few things that helped him decompress.

During middle school, Josh's interest in music, as well as his headaches, intensified. Even so, by high school he was pursuing his passion at Idyllwild Arts Academy, a California-based boarding school that offers world-class training in an array of artistic media. It was there that Josh said his headaches "piled on." He also experienced momentary blackouts. "I could be sitting in class, talking with friends or playing the piano and I would just sort of drift away," said Josh. Friends and teachers assumed he wasn't paying attention and their assumptions seemed to be supported by his slipping grades.

Josh's mother, Lexy, saw more than a decline in her son's grades; she witnessed a change in his personality. "Josh had always been a bright, lively kid," she said. "He wasn't connecting ... he wasn't on top of his game anymore."

Lexy sought help for Josh and an MRI revealed that he was born with a Chiari I malformation that Dr. Randall Peoples, a St. Rose neurosurgeon, describes as a herniation of the cerebellum (the portion of the brain at the back of the head). "As Josh grew, so did the herniated tissue which protruded through the base of his skull into his spinal canal. With Josh's brain and spine competing for limited space, the normal circulation of cerebrospinal fluid to his brain was interrupted, which caused his headaches, vision and hearing issues as well as his difficulty concentrating," said Peoples.

Dr. Peoples performed a Chiari decompression – making the hole at the base of Josh's skull larger – and a laminectomy to remove a portion of Josh's top two vertebrae in order to make more room for Josh's brain and to restore a normal flow of cerebrospinal fluid.

A year after surgery, Josh is free from headaches. He no longer wears glasses or contacts and his hearing is much sharper. In fact, the boy who had an early ear for the piano now also plays bass guitar and harmonica and is a self-described "one-man band."

Josh's newfound clarity also has him playing a new tune, said Lexy. "Josh wrote a song about the desperation he felt as a teenager besieged by headaches and the sense of purpose he's found during the course of his medical journey. It is a powerful statement."

As Josh looks toward the future, he hopes to make it to the "big stage." For the time being, however, he and his mom have a platform: raising awareness of and funds for St. Rose Dominican Hospitals and Children's Miracle Network.

Lexy, who recently spoke at a Wal-Mart rally to kick off the retailer's Children's Miracle Network balloon sales campaign, said: "When I arrived at St. Rose and looked up at the Pediatric Intensive

Care Unit sign, I felt as if the wind had been knocked out of me. It is both a scary and humbling experience to have a sick child, but my son, Josh, is doing great. It took a 4 1/2 inch scar on the back of his head for us to find out just how fortunate we are to have a Children's Miracle Network hospital like St. Rose right in our backyard."

Josh is scheduled to perform at the St. Rose Dominican Hospitals' 52nd annual Mardi Gras Ball, a fundraising gala being held Saturday, February 21, 2009, at the Bellagio.

Tabbie Morgan's Unregrettable Experiences

Three years ago, Ken and Dona Morgan rushed their 14-year-old daughter, Tabbie, to St. Rose Dominican Hospitals' emergency room. It was there, in the middle of the night, that Dona says she witnessed a miracle — a team of doctors and nurses moving heaven and earth to keep her daughter alive.

As Dona recounts her teenage daughter's story, she says, "Tabbie wouldn't be with us today if it were not for St. Rose. I have worked in health care for 23 years and nothing I have seen compares to the level of care and compassion Tabbie was treated with in St. Rose's pediatric emergency room and pediatric intensive care unit."

Dona takes a deep breath, wipes away her tears and turned her thoughts to Tabbie's strength. "She wears her scars well," she says of the physical and emotional pain her daughter has triumphed over.

Tabbie's story revolves around her weight. At 8 years old, she weighed 200 pounds. Though she took part in several weight management programs, she weighed nearly 320 pounds by her 14th birthday. That's when her parents began researching surgical intervention. They thought that gastric bypass surgery might help their daughter shed her extra pounds and the painful stigma of being obese.

"We went out of state for consultations based on the notion that Tabbie might receive the most advanced medical care in California," says Dona. The surgeon the Morgan's met with assured them that even though gastric bypass is riskier for teenagers than adults, Tabbie was healthy and strong – and the benefits of surgery would far outweigh the risks.

The Morgan's never fathomed the actual risks that Tabbie would face as a result of her surgery. A 3-inch suture needle was left in Tabbie's abdomen after surgery and punctured her intestines in eight places before she could convince her California surgeon that the excruciating pain she felt was far different from what might be considered a normal surgical side effect.

Tabbie underwent a second procedure in which the needle was removed, but the surgeon left the puncture holes alone, insisting they would heal by themselves. Shortly thereafter, Tabbie was released from the hospital and the Morgan family went home

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“Words cannot express the gratitude and admiration we have for St. Rose Dominican Hospitals and Children’s Miracle Network. With your help, these great nonprofit organizations can ensure children in the community have the medical resources they need and deserve.” - Ken Morgan

to Las Vegas. That night, Tabbie experienced excruciating pain accompanied by a dangerously high fever.

When the Morgan’s arrived at St. Rose, Tabbie’s kidneys and her other vital organs were shutting down. The emergency medical team swirled around Tabbie, placing intravenous tubes in her arms, pumping her body full of antibiotics and preparing her for surgery. Dr. Lambert Abeytunge was called to perform surgery and Dr. Robert Rutledge, the head of St. Rose Dominican Hospitals’ top-rated bariatric program, was there to consult in the event there were problems with the gastric bypass surgery.

What they found was a steady stream of infectious waste seeping out of the eight puncture wounds. Ultimately, Drs. Abeytunge and Rutledge would perform two surgeries over the course of three days to save Tabbie’s life.

When Tabbie regained consciousness after the lifesaving surgeries, she recalls thinking “Why me?” During the full month she spent in St. Rose’s pediatric intensive care unit on a ventilator, Tabbie thinks she got her answer. “I’ve always been a big girl. I was picked on a lot. It was hard to find friends and I even felt that some of my teachers didn’t like me – so I lived a pretty self-centered life. My attitude was ‘if you won’t care about me, I will,’” she says.

“That changed when I saw the circle of care and compassion that surrounded me. My parents, my friend Amanda and the rest of my family were there for me. The ER doctors, my surgeons and pediatric nurses like Tammy Allen and Jessie James were too. I wasn’t being

judged for my weight. I was shown true kindness and given excellent medical care. My medical team had a huge impact on my health and the way I now face life.”

On the road to losing weight, Tabbie gained a sense of personal strength and empathy for others. “I went through a lot, but it opened my eyes to other people’s hurt and I am now more able to care about others. I think of myself as more giving now — as someone people can rely on.” As it turned out, St. Rose is relying on Tabbie. She will represent the hospital at the Children’s Miracle Network national convention next spring.

Tabbie returned to St. Rose a year after her lifesaving surgeries when, yet again, she began having abdominal pain. Dr. Abeytunge’s initial thought was that Tabbie’s gastric bypass might have adhered to her gallbladder which is a potential side effect of weight loss surgery.

However, what he found was a total surprise — a rare tumor about the size and color of an orange attached to Tabbie’s intestines. “Who’d have imagined that all I went through with my gastric bypass would lead my surgeon to find a tumor that might have killed me? When I think of it that way, I really have no regrets,” says Tabbie. **WC**

TO SUPPORT CHILDREN’S MIRACLE NETWORK, PLEASE USE THE GIFT ENVELOPE INSERTED IN THIS ISSUE.



“I am excited about going to the Children’s Miracle Network national convention. As an older pediatric patient, I can communicate how important it is to support hospitals like St. Rose. “I hope I can encourage local families to support Children’s Miracle Network, too,” - Tabbie Morgan, now 17 years old.

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Kick Off Your Shoes and Dance 2009!

Kick off your shoes and discover the connection between your body and soul. Enjoy Zumba, belly dancing, NIA, salsa, Tai Chi, hula, line dance, African drum and dance and more! Special T-shirts for all participants who dance like no one is watching. Refreshments and headbands provided at this free event. **Saturday, January 10, 9 a.m. - noon, at the San Martín Campus (The first 20 women who register will receive the new Ageless Woman workout DVD).**

Several studies suggest that music therapy can slow the progression of Parkinson's disease. One found that music therapy positively affected movement, emotions and quality of life among patients. Other research has suggested that some types of music can stimulate production of dopamine, serotonin and other neurochemicals related to Parkinson's.

A study from the Yale University School of Medicine found that people who listened to their favorite music during a surgical procedure needed smaller amounts of sedative and pain medications than those who didn't hear music.

In a study of 143 women undergoing breast biopsies, women who listened to classical music during the procedure reduced their levels of anxiety as much as women who took a prescription anti-anxiety medication.

Angry? Overwhelmed? Sick or in pain? You can beat it, if you let the rhythm get you.

Drumming, a primal ritual that spans continents, cultures, sexes, races and religions, is creating a new history all its own at The Barbara Greenspun WomensCare Centers of Excellence where women routinely come together to relax, unwind, let it all go and let it be through drumming. Some come to explore their own personal rhythms and bond with other women by sharing a beat. Others come because they have heard that drumming offers actual physical benefits such as relieving stress or pain and boosting the body's immune system.

As women arrive at the WomensCare Center and begin to form a circle, they are free to begin drumming – no prior musical experience required. “At first, their tapping – or pounding – sounds like random noise. The beats are as individual as the women forming the circle,” said Freddie Stewart, drumming-circle facilitator. “As the women settle into a rhythm, something happens. A collective spirit rises and everyone finds themselves playing the same beat without even thinking about it.”

It is this sort of magical transformation that helps women transform their thoughts or transcend their aches and pains and enjoy the sheer pleasure of coming together with other women. **WC**

FOR MORE INFORMATION ON WOMENSCARE DRUMMING CIRCLES, SEE CALENDAR PAGE 10.

Joy (left) and Freddie (right) facilitate the WomensCare Centers' drumming circles.

november • december • january

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

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Nutrition



Screenings



Integrative Medicine



Health Conditions



Safety & Injury Prevention



Support Groups



Classes in Spanish



Breastfeeding



Pregnancy & Childbirth



Infants, Children & Parenting



HEALTH & WELLNESS

SENIOR PEER COUNSELING

Need to talk? If you are over 50 and need a trained peer counselor to listen, please call 616-4902 to schedule an appointment.
HEND; WEST; RDL; SAN \$10 requested donation

TRANSITIONS

Over 50? Get help navigating life changes related to retirement, family issues and health concerns.
1st Tuesday - Nov. 4, Dec. 2, Jan. 6; 2-3 p.m.
HEND

MIGUN MASSAGE

Enjoy free 30-minute massages on the Migun thermal massage bed. Call 616-4900.
Monday - Friday; 9 a.m.-6 p.m.
HEND

HEALING WITH RHYTHM DRUM CIRCLE

Enhance well-being through drumming. Bring a healthy food to share.
1st Friday - Nov. 7, Dec. 5, Jan. 2; 6:30-8:30 p.m.
HEND

BALANCING ENERGY FIELDS

Join Goldie to eliminate negativity and experience peace and joy.
2nd Tuesday - Nov. 11, Dec. 9, Jan. 13; 6:30-8:30 p.m.
WEST

LABYRINTH MEDITATION PROGRAMS

Find peace, clarity and creativity through our themed walks and activities.
Tuesday - Nov. 11; 4-5 p.m. - Gratitude
Thursday - Dec. 4; 4-5 p.m. - Walk in Memory
Friday - Jan. 16; 4-5 p.m. - New Beginnings
SAN - Labyrinth Garden (next to ER)

JOURNALING FOR YOUR HEALTH

Learn journaling techniques for inner growth and healing.
2nd Wednesday - Nov. 12, Dec. 10, Jan. 14; 2-3 p.m.
WEST

LAUGHTER CLUB

Laugh your way to goodhearted living.
2nd Wednesday - Nov. 12, Dec. 10, Jan. 14
SAN

ACHEY BREAKY BODYWORK

Discover how proper posture, stretching and self-care can prevent aches and injuries and restore your energy.
Wednesday - Nov. 12; 9-10 a.m. - Upper body
Wednesday - Jan. 21; 9-10 a.m. - Lower body
WEST

METABOLIC SYNDROME X

Join Dr. Simong Youmans to find out if you have metabolic syndrome X.
Wednesday - Nov 12; Noon-1 p.m.
RAN: Free lunch provided

RELAXATION MEDITATIONS

Practice relaxation techniques that promote peace and good health.
Monday - Nov. 17; 6-7 p.m. - with Amy
Wednesday - Dec. 3; 6-7 p.m. - with Amy
Tuesday - Jan. 6; 6-7 p.m. - Chakras with Free Livingston
HEND
Wednesday - Nov. 19; 3:30-4:30 p.m. - with Amy
Monday - Dec. 15; 10:30-11:30 a.m. - with Amy
WEST

TEAS THE SEASON

Discover ways to combat colds or the flu with tasty, healthy teas.
Tuesday - Nov. 18; 6-7 p.m.
WEST \$5 per person

TEA AND TALK BOOK CLUB

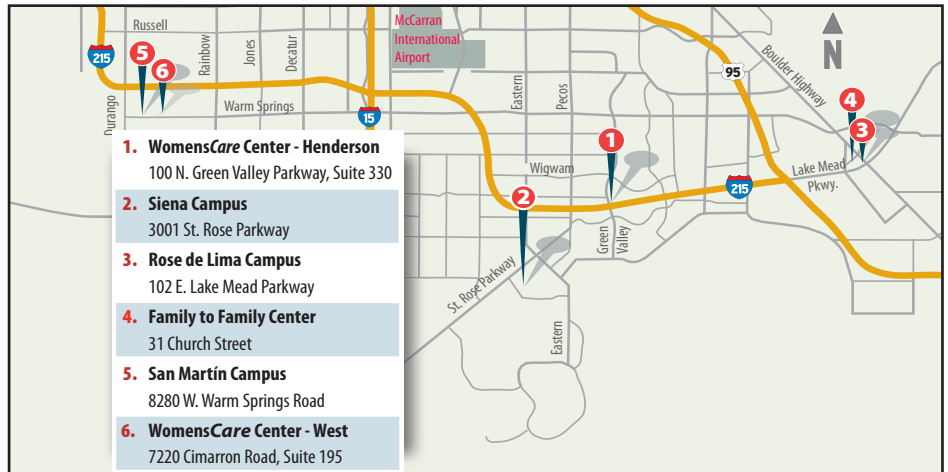
Call 616-4900 for monthly book titles.
3rd Thursday - Nov. 20, Dec. 18, Jan. 15; 2:30-3:30 p.m.
HEND

5 ESSENTIAL OILS

Discover five oils for health and relaxation.
Thursday - Dec. 4; 6:30-7:30 p.m.
WEST

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
- COND - Siena Campus - Conference Room D



FallCalendar

of classes and upcoming events

ALZHEIMER'S ASSOCIATION LECTURES

Join Christine Terry from the Alzheimer's Association.
Thursday - Dec. 4; 1-3 p.m. - Alzheimer Updates
Thursday - Jan. 22; 1-3 p.m. - Learn About Different Types of Dementia
Thursday - Jan. 29; 1-3 p.m. - Partnering With Your Doctor
HEND

RESOLUTION: GREEN YOUR CLEAN

Learn to make/buy biodegradable natural cleaning products.
Wednesday - Jan. 7; 6-7 p.m.
HEND

CAREGIVER WORKSHOP

Join the Center For Compassionate Care and learn how to care for loved ones at home. Topics covered: medications, safety, hygiene and stress management.
Saturday - Jan. 17; 10 a.m.-3 p.m. (lunch included)
RAN

FALL PREVENTION WORKSHOP FOR SENIORS

Learn to avoid falls and improve balance through this seven-week program. Exercise, refreshments, giveaways and camaraderie.
Wednesdays - Jan. 21 to March 4; 9:30-11:30 a.m.
RDL

GIRL TALK

Mothers and daughters (10 -14 yrs.) join Dr. Carrie Wijesinghe to discuss female puberty.
Thursday - Jan 22; 6:30-7:30 p.m.
HEND

SPIRITUAL NETWORKING AND STUDY GROUP

Enjoy discussion, exploration, connection and a labyrinth walk.
Friday - Jan. 23; 6:30-8:30 p.m.
WEST

THERAPEUTIC PAINTING

Explore your inner feelings as you relax and paint.
2nd Tuesday; 1-3 p.m.
The Caring Place: Free for those touched by cancer. Call 871-7333



EXERCISE & FITNESS

ZUMBA

Get fit through Latin dance with hip-hop and belly dancing.
1st Saturday - beginning Dec. 6, Jan. 3; 10-11 a.m.
HEND: \$5 per session

BELLY DANCING

Release your inner goddess through belly dancing!
3rd Saturday - Nov. 15, Dec. 20, Jan. 17; 10:30 a.m.-noon
with Goldie
WEST: Free
2nd Saturday - Nov. 8, Dec. 13, Jan. 10; 10-11:30 a.m. with Linda
HEND: Free

SALSA DANCING

Spice up your life with sizzling salsa lessons.
2nd and 4th Thursdays; 6-7 p.m.
WEST: \$5

WALK THIS WAY: WALKING CLUB

Walk your way to health. All ages and fitness levels (and strollers) welcome.
Mondays and Thursdays; 8:30-9:30 a.m.
Call 616-4900 for meeting location: Free

GENTLE YOGA

Yoga for every body using gentle postures and props.
Mondays; 9-10 a.m. with Justine
WEST: \$3 per session or \$20 for 10 sessions

HEALING YOGA

Basic yoga postures for stretching and healing.
Mondays; 5-6 p.m. with Don
HEND: \$3 per session or \$20 for 10 sessions
Mondays; 5-6 p.m. with Jen
Wednesdays; 5-6 p.m. with Justine
WEST: \$3 per session or \$20 for 10 sessions

RELAXATION YOGA

Relieve stress through meditation and gentle yoga.
Tuesdays and Thursdays; 10-11 a.m. with Dr. Debbie
Wednesdays; 9-10 a.m. with Jeannine
HEND: \$5 per session

MIXED-LEVEL YOGA

Use yoga postures to create energy, balance and strength.
Wednesdays; 10-11:15 a.m. with Don
Fridays; 10-11:15 a.m. with Jen
Tuesdays; 6-7 p.m. with Don
Saturdays; 9-10 a.m. with Justine
WEST: \$3 per session or \$20 for 10 sessions

AGELESS WOMAN WORKOUT: OSTEOPOROSIS EXERCISE

Learn breathing, yoga and movement techniques that target the woman's aging zones.
Tuesdays and Thursdays; 9-9:45 a.m.
Tuesdays and Thursdays; 5-5:45 p.m. (begins January 6)
HEND: \$5 per session

INTENSE BODIES BY PILATES

Wednesdays; 10:30-11:30 a.m. with Dr. Debbie
HEND: \$8 per session

TAI CHI

Join Stella Huang to learn the Chinese martial art that creates balance and a sense of well-being.
New Beginner - Tuesdays; 1:30-2:30 p.m.
Beginner I - Wednesdays; 3:30-4:30 p.m.
Beginner II - Wednesdays; 2:30-3:30 p.m.
Intermediate - Wednesdays; 1:30-2:30 p.m.
Advanced - Tuesdays; 2:30-3:30 p.m.
Fan Practice - Mondays; 1:30-2:30 p.m.
HEND: Free
Demonstration Fridays; 11 a.m.-noon (for advanced class graduates)
SIENA - Healing Garden
Beginners - Thursdays; 9-10 a.m.
WEST: Free

NIA JOYFUL MOVEMENT

Learn fusion fitness dance that encompasses martial and healing arts.
Fridays; 9-10 a.m. with Stacey
HEND: First class free! \$5 per session or five sessions for \$20
Mondays and Wednesdays; 6:15-7:15 p.m. with Mary
WEST: First class free! \$5 per session or five sessions for \$20

TEAM SURVIVOR LAS VEGAS

Thrive while surviving with an exercise support group for women who have a past or current diagnosis of cancer. Call 683-5483 or e-mail lasvegas@teamsurvivor.org



NUTRITION

CARDIAC NUTRITION

Learn how to eat for your heart's health.
Thursday - Nov. 20; 10:30 a.m.-noon
HEND
Thursday - Dec. 18; 10:30 a.m.-noon
WEST

FIRE UP YOUR METABOLISM

Join Dr. Dominic Ricciardi to learn how to boost your metabolism to burn more calories.
Wednesday - Dec. 10; 6-7 p.m.
WEST

VEGGIE SOUP FOR THE SOUL

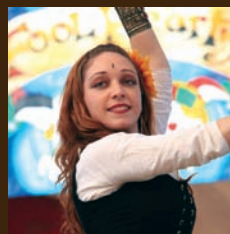
Learn about vegetarianism: cooking, lifestyles and nutritional considerations.
Monday - Dec. 15; 6-7 p.m. Healthy holiday treats
HEND

EMOTIONAL EATING

Identify personal triggers and practice new skills to stop emotional eating. Taught by Dr. Lindsey Ricciardi, clinical psychologist.
Wednesday - Jan. 14; 6-7 p.m.
WEST

KICK OFF YOUR SHOES AND DANCE 2009!

Kick off your shoes and discover the connection between your body and soul. Enjoy Zumba, belly dancing, NIA, salsa, Tai Chi, hula, line dance, African drum and dance and more! Special T-shirts for all participants who dance like no one is watching. Refreshments and headbands provided.
Saturday - Jan. 10; 9 a.m. - noon. SAN: no fee (The first 20 women who register will receive the new Ageless Woman workout DVD).



november · december · january

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

LIFESTEPS WEIGHT LOSS PROGRAM

Lose weight through effective behavioral change, self-monitoring, goal setting, social support and relapse prevention. 12-week program. *Thursdays - Jan. 29 (orientation) to Apr. 23; 6-7:30 p.m.* WEST: \$100 (includes materials)

BREAST CANCER NUTRITION CONSULTATION

Get a free one-on-one consultation with a registered dietitian. Provided for breast cancer patients and survivors through a grant from Susan G. Komen for the Cure, Southern Nevada Affiliate. Call 616-4900.



SCREENINGS

Call 616.4900 for screening appointments.

HOW HIGH IS YOUR CO?

Smoke? Don't smoke? Either way, get a free carbon monoxide screening to measure the concentration of CO in the breath.

Friday - Nov. 14; 1-3 p.m.

HEND: Free

Monday - Jan. 5; 2-4 p.m.

WEST: Free

MEMORY SCREENING

An assessment to help determine if your memory/memory loss is normal for your age.

Tuesday - Dec. 16; 10 a.m.-2 p.m.

HEND

LOOK AT YOUR LEGS

Varicose vein screening with Dr. Simon and Dr. Porreca.

Tuesday - Dec. 16; 2-4 p.m.

WEST

METABOLIC SCREENINGS

Find out how many calories you need for basic body functioning. No caffeine, exercise or food four hours prior to appointment.

Wednesdays

Call 616-4900 for dates/appts. HEND: \$15

DO YOU SEE WHAT I SEE?

Join Shepherd Eye Center for a free eye screening. Check your prescription and learn about eye ailments.

Thursday - Dec. 4; 10 a.m.-noon

HEND: Free

Thursday - Jan. 22; 10 a.m.-noon

WEST: Free

HEALTH SCREENINGS

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, glucose \$5, PSA \$10, thyroid panel (TSH, T3 and T4) \$15, A1C (diabetes) \$10. A twelve-hour fast is required.

Wednesday - Dec. 10; 7-10 a.m.

HEND: Listed above

Wednesday - Jan. 21; 7-10 a.m.

WEST: Listed above



ROSE TRIMMING DEMONSTRATION

Saturday, Jan. 24

Join us anytime between 10 a.m. – 2 p.m.

Join the South Valley Rose Society for tips on growing beautiful roses.

SIENA HEALING GARDEN

HEARING SCREENING WITH DR. SUSAN SCHWARTZ

Thursday - Jan. 15; 6-7:30 p.m.

HEND: Free

PERIPHERAL VASCULAR DISEASE SCREENING

St. Rose Radiology Department will screen you for PVD.

Thursday - Jan. 22; 8 a.m.-noon

HEND: Rehab Suite 140: Free

SKIN CANCER SCREENING

Skin checks with dermatologist, Curt Samlaska, M.D.

Wednesday - Dec. 17; 2-4 p.m.

HEND: Free

R.E.D. ROSE

Uninsured or underinsured? 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. Si, habla Español - 616-4824.



INTEGRATIVE MEDICINE

HOLISTIC SUPPORT FOR WINTER HEALTH

Make your own stay-well remedies.

Thursday - Nov. 6; 6:30-8 p.m. - Immune boosters, cold relief, clear congestion

Saturday - Jan. 24; 10:30 a.m.-noon - Hand sanitizer, derma healing, earache away

WEST: \$30

PAIN MANAGEMENT THROUGH RELAXATION

Use brainstorming, problem solving and various relaxation techniques to manage pain.

Friday - Nov. 14; 2:30-4 p.m.

HEND

REIKI HEALING CIRCLE

Experience Reiki energy through a monthly healing circle.

4th Tuesdays - Nov. 25, Dec. 23, Jan. 27; 6-8:30 p.m.

with Bonnie McWeeney

2nd Thursdays - Nov. 13, Dec. 11, Jan 8; 1-2:30 p.m. with Freddie Stewart

HEND

3rd Thursdays - Nov. 20, Dec. 18, Jan. 15; 6:30-8 p.m.

with Free Livingston

WEST

HERBS FOR DETOX AND WEIGHT LOSS

Manage food cravings and lose weight with herbs.

Saturday - Jan. 10; 10 a.m.-noon

HEND: \$35 (includes samples and teas)

REFLEXOLOGY FOOT MASSAGE

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

Mondays - Nov. 3, 17; Dec. 1, 15; Jan. 5, 19; 9:30 a.m.-noon

Fridays - Dec. 5, 12; Jan. 16, 30; 2:15-4:45 p.m.

HEND: \$30 for 30 minutes; \$60 for 60 minutes. Cash or check only. Call 616-4900 for appts.

Mornings: Monday, Wednesday, Friday

Open time - Tuesdays and Thursdays

WEST: \$30 for 30 minutes; \$60 for 60 minutes. Cash or check only.

Call 616-4910 for appts.

CRANIOSACRAL MASSAGE THERAPY

Relieve migraines, sciatica and fibromyalgia pain and encourage natural healing. 30-minute sessions with Marcie Malloy, LMT.

Saturdays - Nov. 8, Dec. 13, Jan. 10; 10 a.m.-2 p.m.

HEND: \$30 Cash/check only.

Tuesdays - Nov. 18, Dec. 16; Noon-4 p.m. Jan. 6; 1-3:30 p.m.

WEST: \$30 Cash/check only.

Call 616-4900 for appts.

HEALING TOUCH INTRO

Explore bio-energetic healing with a spiritual focus.

Tuesday - Nov. 25; 6-7:30 p.m.

WEST

Thursday - Jan. 29; 6-7:30 p.m.

HEND

HYPNOSIS SESSIONS

\$75/hour, \$125/two hours. Call 274-6670.



HEALTH CONDITIONS

A BETTER WAY TO MANAGE CHF

St. Rose can work with your physician to provide a free congestive heart failure monitoring/management program to reduce your symptoms, limitations, ER visits and hospitalizations. Various locations. Call Community Wellness, 614-5877.

DASH AWAY FROM HYPERTENSION

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

Thursday - Nov. 13; 2-4 p.m.

WEST

Preventive care is more important than ever.

Support The Barbara Greenspun WomensCare Centers of Excellence through a gift to St. Rose using the giving envelope provided inside this edition.

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

A comprehensive diabetes class accredited by the American Diabetes Association. Call 616-6545 for pricing and registration.
Thursday and Friday - Nov. 13, 14; Dec. 11, 12; Jan. 8, 9; 9 a.m.-1 p.m.

Tuesday and Wednesday - Nov. 25, 26 or Jan. 27, 28; 5:30-9:30 p.m.

Home Health Bldg, 1125 American Pacific Drive, Ste. G

STROKE SUPPORT GROUP

3rd Tuesday - Nov. 18, Dec. 16, Jan 20; 4-5 p.m.

HEND

FOOD ALLERGY PARENT EDUCATION GROUP

Parent education and support for children with food allergies. Responding to anaphylactic emergencies.

Tuesday - Nov. 18; 7-9 p.m.

SAN

FREEDOM FROM SMOKING

Seven-week American Lung Association smoking cessation program in a supportive setting.

Tuesdays - Nov. 18, 25; Dec. 2, 9; Thursday Dec. 11;

Tuesdays - Dec. 16, 30; Jan. 6; 5:30-7 p.m.

RDL

Tuesdays - Jan. 6, 13, 20, 27; Thursday Jan. 29;

Tuesdays - Feb. 3, 10, 17; 5-6:30 p.m.

SAN

HAND ARTHRITIS: MAKING YOUR PAIN GO AWAY

Join Dr. Ryan Grabow for the latest nonsurgical and minimally invasive treatments for arthritis of the thumb, fingers and wrist.

Thursday - Nov. 20; 4-5:30 p.m.

HEND

LOWER YOUR CHOLESTEROL WITH TLC

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

Tuesday - Dec. 2; 9 a.m.-noon

WEST

STRIKING OUT AGAINST STROKE

Strike out stroke through lifestyle changes and symptom recognition.

Wednesday - Dec. 10; 3-4 p.m.

HEND

DUPUYTREN'S CONTRACTURE AND FINGER STIFFNESS

Join Dr. Ryan Grabow, hand to shoulder specialist, to learn more about this disease and the latest in nonsurgical and minimally invasive treatments.

Thursday - Dec. 11; 6-7:30 p.m.

SAN

NEW TREATMENT FOR VARICOSE VEINS

Learn about the newest ways to improve the appearance of varicose veins with Dr. Irwin Simon and Dr. Gene Porreca.

Thursday - Dec. 11; 6-7 p.m.

WEST

KNEES: SNAP, CRACKLE AND POP!

Learn more about knee injuries involving the ALS, the meniscus and arthritis from Dr. Michael Han.

Thursday - Dec. 18; 3-4 p.m.

HEND

FROM BOTOX TO BUTTOCKS

Join Dr. Jeffrey Roth for the latest on plastic surgery. Includes a Q&A session.

Thursday - Dec. 18 or Jan. 8; 6-7:30 p.m.

HEND

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, minigastric bypass with Dr. Robert Rutledge.

Thursday - Dec. 30 or Jan. 27; 6-7:30 p.m.

RAN

JOINT REPLACEMENT

Join Dr. James Manning for a lecture on knee, hip and shoulder replacement surgery.

Wednesday - Jan. 7; 6-7:30 p.m.

WEST

LOOSENING A STIFF SHOULDER

Learn about the latest nonoperative treatment for stiff or frozen shoulders with Dr. Ryan Grabow, hand to shoulder specialist.

Thursday - Jan. 8; 6-7:30 p.m.

HEND or RAN

LIVING HEALTHY WITH CHRONIC DISEASE

Learn to cope and control health conditions (arthritis, asthma, diabetes, back problems, etc.) through the six-week Stanford Chronic Disease Self Management program.

Mondays - Jan. 12 to Feb. 16; 10 a.m.-12:30 p.m.

HEND: Free

Tuesdays - Jan. 13 to Feb. 17; 1-3:30 p.m.

WEST: Free

SINUS DIAGNOSIS AND TREATMENT

Join Dr. Susan Schwartz to learn about current treatments and surgery options. Free hearing screenings.

Thursday - Jan. 15; 6-7:30 p.m.

HEND

CARPAL TUNNEL

Join hand surgeon, Dr. Bonnie Fraser, and hand therapist, Anne Einsohn, to learn about prevention and treatment.

Thursday - Dec. 16; 6-7:30 p.m.

WEST

CANCER QUALITY OF LIFE CENTER

Cancer patients, visit our ACS center for wigs, hats, turbans and liquid supplements. Call 616-4900 for appts.

HEND; WEST

BREAST CANCER PROSTHESIS AND BRA FITTINGS

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

BREAST CANCER PEER COUNSELING

Need to talk? Call 616-4910 to schedule a free peer counseling session with a trained counselor who is a breast cancer survivor.



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn American Heart Association adult, child, infant CPR, AED and choking. Two-year certification for the nonhealth care provider.

Saturday - Nov. 8; Noon-4 p.m.

Thursday - Nov. 20; 5-9 p.m.

Tuesday - Dec. 16; 5-9 p.m.

Wednesday - Jan. 21; 5-9 p.m.

HEND: \$30 (includes AHA cert. card)

Tuesday - Nov. 4; 5-9 p.m.

Friday - Dec. 19; 1-5 p.m.

Saturday - Jan. 3; 10 a.m.-2 p.m.

WEST: \$30 (includes AHA cert. card)

BLS HEALTH CARE PROVIDER CPR/AED COURSE

Learn American Heart Association adult, child, infant CPR, AED, and choking. Two-year certification for all health care providers.

Initial certification:

Wednesday - Nov. 5; 5-9 p.m.

Thursday - Jan. 29; 5-9 p.m.

HEND: \$50 (includes AHA cert. card)

Saturday - Dec. 13; 1-5 p.m.

WEST: \$50 (includes AHA cert. card)

BLS CPR RENEWAL CERTIFICATION

(Must be currently AHA certified)

Monday - Dec. 29; 5:30-8:30 p.m.

HEND: \$35 (includes AHA cert. card)

Friday - Nov. 14; 5:30-8:30 p.m.

WEST: \$35 (includes AHA cert. card)

AMERICAN RED CROSS FIRST AID

Friday - Dec. 5; 1-5 p.m.

Saturday - Jan. 17; 12:30-4:30 p.m.

WEST: \$30

PET FIRST AID AND CPR

Friday - Nov. 14; 1-5 p.m.

Thursday - Jan. 8; 5-9 p.m.

WEST: \$45

AARP DRIVER SAFETY PROGRAM

Over 50? Reduce your car insurance rates with this safe driving program.

Monday - Nov. 10, Dec. 8 or Jan 12; 9 a.m.-5 p.m.

HEND: \$10 (checks only)

Saturday - Nov. 22, Dec. 13 or Jan. 17; 9 a.m.-5 p.m.

SAN: \$10 (checks only)



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 Connection, Henderson
COND - Siena Campus, Conference Room D

AA for Women - Mondays, 7:30 p.m. and Wednesdays at noon **HEND**
AA for Women - Mondays at noon **WEST**
AA Co-ed - Sundays, 6 p.m. and Saturdays, 5:30 p.m. **RAN** Sundays, Mondays, Fridays, 7 p.m. **SAN**
ALS Support Group - 2nd Tuesday, 11:30 a.m. **HEND**
Alzheimer's Support Group - 4th Tuesday, 4:30 p.m. **HEND**
Autism Support Group - 3rd Thursday, 6 p.m. **RAN**
Bereavement Support Group - 2nd & 4th Wednesdays, 6 p.m. **HEND**
Bereavement Support Group - 1st & 3rd Wednesdays at noon **WEST**
Breast Cancer Support - 2nd & 4th Mondays, 6 p.m. **HEND** (Funded by Susan G. Komen for the Cure, Southern Nevada Affiliate)
CCFA Support - Sunday, 2 p.m. **RAN**
Codependency (CODA) - Thursdays at noon **HEND**
Daughters Without Mothers - 1st Thursday, 6:30 p.m. **HEND**
DBSA Depression & Bipolar Support Alliance - 2nd & 4th Tuesdays, 6:30 p.m. **HEND**
Diabetes Support - 1st Wednesday, 10 a.m. **HEND**
Divorce Support Group for Women - 1st & 3rd Thursdays, 6:30 p.m. **WEST**
Eating Disorders Recovery Support - 1st Saturday, 9:15 a.m. **SGR**
Fibromyalgia Friends - 3rd Thursday, 6:30 p.m. **HEND**
Gamblers Anonymous - Tuesdays, 6:30 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**
ICAN: C-Section Support - 2nd Tuesday, 3:30 p.m. **WEST**
Leukemia & Lymphoma - 2nd Thursday, 6:30 p.m. **HEND**
Multiple Sclerosis Support Group - 3rd Wednesday, 7 p.m. **HEND**
Narcotics Anonymous - Wednesdays, 5:30 p.m. **COND**
Pregnancy Loss Support Group - 4th Tuesday, 7 p.m. **SGR**
Infertility Support Group - 2nd Monday, 6 p.m. **SAN**
Stroke Support - 3rd Tuesday, 4 p.m. **HEND**
Surviving Suicide Bereavement Support Group for Adults - 1st & 3rd Tuesdays, 6:30 p.m. **HEND**
Senior Peer Counseling - Call 616-4902. **HEND, WEST, RDL**
Transitions - 1st Tuesday, 2 p.m. **HEND**

SAFE SITTER

Youths, ages 11-16, learn safe, nurturing child care and medical emergency techniques.

Saturday - Jan. 24; 8:30 a.m.-4:30 p.m.

HEND: S30 (includes lunch)

Monday - Nov. 10; 8:30 a.m.-4:30 p.m.

WEST: S30 (includes lunch)

SEXUAL ASSAULT PREVENTION

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

Saturday - Jan. 24; 10 a.m.-2 p.m.

RAN



CLASSES IN SPANISH

CLASSES IN SPANISH/PROGRAMAS EN ESPAÑOL

Para más información, por favor llame a 616-4824.

¿NECESITA UN DOCTOR QUE HABLE ESPAÑOL? (Do you need a doctor who speaks Spanish?)

Llame al 616-4999.

PARTICIPE EN EL CLUB "MI MAMI Y YO"

(Participate in mommy and baby club) Comparta experiencias con otras mamis, hágase amistades, disfrute de un café y de pan. Cada primer y tercer miércoles del mes.

COMENZANDO BIEN (Starting Right, prenatal classes)

¿Está embarazada? Únase a nosotros en *Comenzando Bien* una clase prenatal para mujeres Hispánicas. Aprenda lo que usted puede hacer para tener un embarazo saludable.

CHEQUEO/INSTALACIÓN DE ASIENTOS DE SEGURIDAD INFANTIL GRATIS (Car Seat installation)

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

Costo: Gratis

TRAVELING LABYRINTH

Rent a 24-foot Chartres Labyrinth for your next event, retreat or conference. \$50/day. Teachers, call to schedule the Labyrinth to come to your school (free for schools). Learning modules available. Call 616-4910.



BREASTFEEDING

freestyle
HAND-FREE BREASTPUMP



BREASTFEEDING HELPLINE 616-4908

Certified lactation consultants or counselors can address your breastfeeding questions and concerns.

BABY WEIGH STATIONS

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

BREASTFEEDING BOUTIQUE NURSING BRA FITTINGS AND SALES

Nursing bras by Medela, Bravado, and Fancee Free fit for comfort and function. Extended sizes 36F-46H available.
HEND; WEST

BREASTPUMP RENTAL AND SALES

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

NEW MOMMY MIXER

Mondays - 11 a.m.-noon, FTF
Fridays - 11 a.m.-noon, HEND
Wednesdays - 11 a.m.-noon, WEST

LA LECHE LEAGUE

4th Thursday - Jan. 22; 10-11 a.m., FTF
2nd Thursdays - Nov. 13, Dec. 11, Jan. 8; 10-11:30 a.m., WEST



PREGNANCY & CHILDBIRTH

MAYBE BABY?

Prepare before pregnancy with tips from Dr. Guida Tabassi and Mickey Bachman, R.N.

Wednesday - Nov. 19; 6-7 p.m.
WEST

PRENATAL YOGA

Join Cindy Lydon, certified whole birth prenatal yoga instructor, to learn to bond with your baby and trust the birthing process.

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

HEND: Free

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

WEST: Free

Family Education

Call 568-9601 to enroll in Family to Family Classes

CREATING A HEALTHY NURSERY

Create a nontoxic environment for newborns through budget- and lifestyle-friendly choices. Presented by Olive and Bean Boutique.

Tuesday - Jan. 13; 6-7 p.m.

HEND

NATURAL FAMILY PLANNING

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

Monday - Jan. 19; 7-9 p.m.

RAN



INFANTS, CHILDREN & PARENTING

INFANTS, CHILDREN AND PARENTING

Call 568-9601 for FTF programs.

Call 616-4900 for HEND and WEST programs.

MOMMY AND ME JOYFUL MOVEMENT

Moms and kids (ages 6 weeks to 3 years) enjoy a fun NIA workout.

Fridays - 10-10:45 a.m.

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

MOMMY AND BABY YOGA

Moms stretch and bond with your babies, ages 6 weeks to 1 year.

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

HEND: Free

Fridays - 11:30 a.m.-12:30 p.m.

WEST: Free

TODDLER PLAY GROUP

Music, movement and more. Toddler to 3 years.

1st and 3rd Tuesdays; 10-11 a.m.

WEST: FTF

CAR SEAT SAFETY CHECKS

Call 616-4901 or 568-9601 for appts.

HEND; WEST; FTF \$10 per family

POSTPARTUM DEPRESSION SUPPORT GROUP

Suffering loss of energy, concentration, hope, sleep or self esteem? Join a family counselor and other moms to learn about coping and parenting skills and treatment options. Babies welcome.

2nd and 4th Saturdays; 10-11 a.m.

HEND

WEE CAN SIGN: LEVEL I

Parents and babies (birth to 2 years) learn ASL sign language. Call 616-4901 to register.

Thursdays - Nov. 13, 20 and Dec. 4, 11; 11 a.m.-noon

Saturdays - Jan. 10, 17, 24, 31; 10-11 a.m.

WEST: \$99 (includes Sign With Your Baby kit)

SING AND SIGN: LEVEL II

For parents and baby graduates of Baby Sign Level I (up to 3 years old). Call 616-4901 to register.

Wednesdays - Jan. 7, 14, 21, 28; 11:30 a.m.-12:30 p.m.

HEND: \$85 (includes Pick Me Up kit)

Saturdays - Jan. 10, 17, 24, 31; 11:30 a.m.-12:30 p.m.

WEST: \$85 (includes Pick Me Up kit)

BABYWEARING 101

Research shows the benefits of wearing your baby! Presented by Vagaroo.

2nd Thursday - Nov. 13, Dec. 11, Jan. 8; 10-11 a.m.

FTF

HOMEMADE BABY FOOD

Learn to make healthy, tasty baby foods. Birth to 12 mos.

Wednesday - Nov. 19; 2-3 p.m.

FTF

GREEN MOMMIES

Discuss ways to live "greener," especially as related to parenthood.

3rd Thursday - Nov. 20, Dec. 18, Jan 15; 10-11 a.m.

FTF

HAPPIEST BABY ON THE BLOCK!

Learn the award-winning techniques for soothing fussy newborns. Age prenatal to 3 months.

Tuesdays - Dec. 16 and Jan. 20; 10-11 a.m.

FTF: \$25 for the Happiest Baby on the Block parent kit

COOKIE PLATES AND COCO MUGS

Create artful ceramic plates and mugs with your child's hands or feet. Make great holiday gifts to last for years to come. Birth to 48 months.

Monday and Tuesday - Nov. 10 and 11; 9-11 a.m. and 1-3 p.m.

FTF: (Cost varies by selection)

EXPLORE AND LEARN WITH NEIS

Join Nevada Early Intervention Services for developmental activities and play. Designed for children with and without disabilities, ages 12 to 36 months.

Fridays - 9:30 and 11:15 a.m.

FTF

THEY ATTACK WHILE WE SLEEP!

Would you like to put an end to bedtime battles? Learn tips to build positive bedtime routines, ages 12 to 48 months.

Tuesday - Dec. 2; 2-3 p.m.

FTF

PLANES, TRAINS, AUTOMOBILES - TRAVELING WITH BABIES AND TODDLERS

Get helpful tips for building happy trails with your baby or toddler, ages birth to 48 months.

Tuesday - Dec. 9; 10-11 a.m.

FTF

COOKIES WITH SANTA!

Mix and mingle while the little ones decorate gingerbread men and get photos with Santa, ages birth to 48 months.

Thursday - Dec. 11; 5-7 p.m.

RDL (cafeteria): \$5 for pictures with Santa

TODDLER WINTER SMOOTHIES

Learn to mix up chilly, nutritious and delicious winter smoothies, ages 12 to 48 months.

Wednesday - Jan. 7; 2-3 p.m.

FTF

LOVE AND LOGIC!

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

Thursdays - Jan. 8, 15, 22, 29 and Feb. 5; 4-6 p.m.

FTF: \$25

UNDERSTANDING TEMPERAMENT

Learn how to best respond to your child's temperament by examining temperament traits, ages 6 to 48 months.

Tuesday - Jan. 13; 10-11 a.m.

FTF

THE SELF-CONFIDENT CHILD

Learn how to encourage your child's independence and positive outlook, ages birth to 48 months.

Wednesday - Jan 21; 2-3 p.m.

FTF

KICKIN' IT WITH BABY (TEEN PARENT EIGHT-WEEK SERIES)

Snack and chat with young mamas and mamas-to-be-in a funky and fresh atmosphere. Cool and fun baby products will be provided.

FTF: Free. Call 568-9601.

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$75 (includes Labor of Love Kit) - HEND & WEST

Lamaze - \$75

Hypnobirth - \$100

Bed Rest Learning DVD Module - \$50

Teen Prepared Childbirth Class - Free

Refresher Childbirth - \$30

Baby Basics - \$30 - HEND & WEST

Grandparents Baby Basics - \$30 - HEND

Breastfeeding - \$30 - HEND & WEST

Infant CPR - \$20 - HEND & WEST

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

Prenatal Yoga - Free - HEND & WEST

Mommy & Baby Yoga - Free - HEND & WEST

Sibling Class - \$20/family

Bellies and Buddies (Pregnant Mom Club)

- Free, 2nd Tuesday

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 - 3rd Saturday.

San Martín Campus Maternity Tour - 3rd Saturday.

Call 616-4901 to register for maternity tours.

ONLINE REGISTRATION AVAILABLE FOR FAMILY EDUCATION CLASSES.

LOG ON TO: STROSEHOSPITALS.ORG

Shooting the Breeze (and a few balls) with Barb Kruger

The name Kruger is now synonymous with UNLV Runnin' Rebel basketball in Southern Nevada. Yet when *WomensCare* magazine asked Barb Kruger whether our photographers could snap pictures of her shooting hoops, she said, "I'd be more than happy to oblige, but I'm afraid you're not going to get the picture you want. I'm not very good at basketball." When it comes to dodgeball, however, that's an entirely different story.

"Lon and I have successfully dodged a few tough balls this past year," she said. 'Tough balls' is Barb's term for potentially life-threatening health conditions.

Lon dodged the first ball — a likely heart attack — with the help of the Krugers' family physician, Dr. Joe Johnson, and St. Rose Dominican Hospitals. "Lon went in for a routine checkup, and even though he wasn't suffering from any symptoms, Dr. Johnson pushed him to go for cardiac testing based on his family's history of heart problems," said Barb.

Six substantial coronary blockages were discovered during the coach's cardiac testing and within three days Lon checked into St. Rose Dominican Hospitals for a sextuple bypass. A week after his open-heart procedure, Lon was back at work and within three months, he was coaching the Rebels toward their second, back-to-back Mountain West Conference Tournament championship.

It was at about that time when Barb had her annual physical. "When Dr. Johnson asked me what I'd been doing to protect my skin from the sun, I had to fess up. I've been a sun worshipper most of my life and though I have been more diligent about wearing sunscreen in recent years, I really wasn't taking full precaution to protect my skin from the sun's damaging rays," said Barb.

Dr. Johnson checked Barb's moles and became concerned about one on her leg. He referred Barb to a dermatologist who performed a biopsy that revealed that the suspicious mole was malignant melanoma.

Barb's dermatologist played it safe and removed tissue surrounding the site of the mole for analysis. When Barb learned that the cancer had not spread beyond her mole, she knew that, like her husband, she had been fortunate to dodge a potentially dangerous ball. "If my mole had been left unchecked, the cancer might have spread to the surrounding tissue or my lymph nodes. What a different ball game our lives might have been if that had happened," said Barb.

As Barb looks back over the past year, she feels blessed that she and Lon have their good health and believes they can attribute it to three fundamental concepts:

1. Know your family's health history

A recent survey found that 96 percent of Americans believe that

knowing their family health history is important. Yet the same survey found that only one-third have ever tried to gather and record their family's health history.

"Families share more than genetics. They share living environments, lifestyles and many habits, so it is highly likely that they will also share some of the same health problems," said Dr. Johnson. "Knowing your family's health history can help you make health and lifestyle choices that may reduce your risks of certain medical conditions."

Lon Kruger added, "I've tried to lead a healthy lifestyle but when it came to heart disease, my family's history of heart disease could not be overlooked."

2. Acknowledge and address your health risks

According to Dr. Johnson, women need to be equally cognizant of their risk for heart disease: "Many women do not realize the risk that smoking, obesity and a sedentary lifestyle pose to their heart health, but heart disease can disable a woman, rob her of her quality of life and even claim her life. Nearly one in every three American women dies of heart disease."

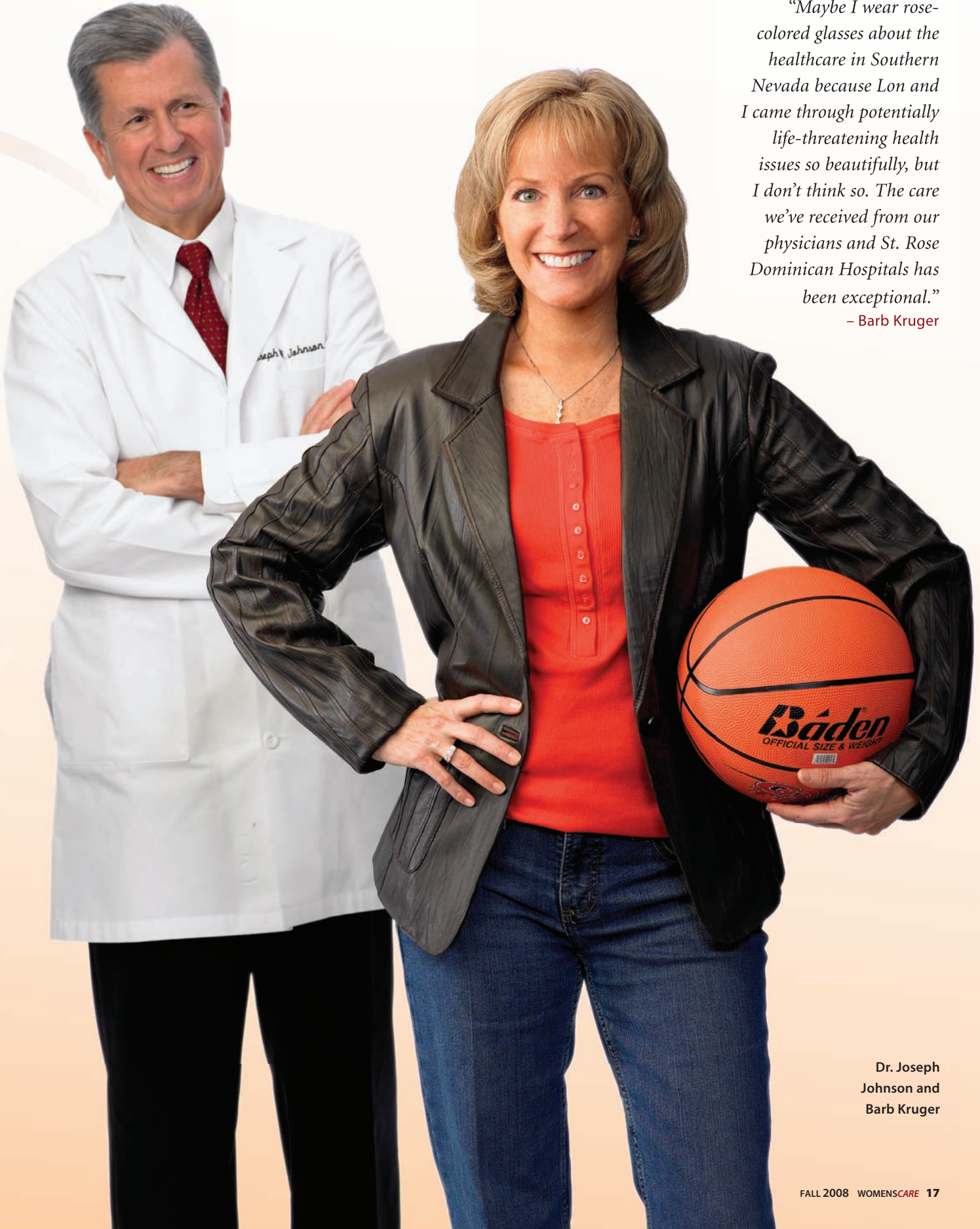
Barb said she doesn't smoke, she eats sensibly and keeps active considering her own father has suffered two heart attacks. "I live a heart-healthy lifestyle and though I am not able to reverse sun damage to my skin, I am now religious about wearing sunscreen when I go outdoors," she said. "I am a horseback rider, so I am also careful to wear long sleeves and a hat." To get that sun-kissed look, Barb said she gets an occasional spray-on tan.

3. Select a doctor with whom you feel you can communicate

"Lon and I owe our good health to Dr. Johnson and St. Rose," said Barb. "We think it is vitally important to find health care providers with whom you feel you have a positive relationship."

A systematic review of studies published over the past four decades confirmed that good doctor-patient communication makes a difference not only in patient satisfaction but in patient outcomes, including resolution of chronic headaches, change in emotional states, lower blood sugar values in diabetics, improved blood pressure readings and other important health indicators.

"Two-way communication with your health care provider is critical," said Dr. Johnson. "I encourage people to find a physician who takes the time to listen to their concerns and questions. I also believe it is beneficial for the patient to come prepared. When you have a list of questions in your hand or an article that you believe pertains to your health, your health care provider knows that you mean business." **WC**



“Maybe I wear rose-colored glasses about the healthcare in Southern Nevada because Lon and I came through potentially life-threatening health issues so beautifully, but I don’t think so. The care we’ve received from our physicians and St. Rose Dominican Hospitals has been exceptional.”

– Barb Kruger

**Dr. Joseph
Johnson and
Barb Kruger**

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Actual Client



Before



After

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— "BEST DENTISTS," LAS VEGAS LIFE magazine

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Member of American Academy of Dental Administration.



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at the UCLA Center
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HEARING LOSS: LIKE FATHER, LIKE DAUGHTER?

Among the health issues Barb Kruger speaks up about is hearing loss. She'll even turn her head from side to side to show you her hearing aids. "Newer hearing aids are designed to be much more intuitive about tuning out the background noise so you can focus on the conversation or television program you want to hear," she said.

Barb began having trouble distinguishing where sounds were coming from a few years back, but neither she nor her physicians can specifically attribute her hearing impairment to loud noises, injury or infection. So, could Barb's hearing loss be hereditary?

No definitive conclusion has been made in Barb's case; however, her father has lost 80 percent of his hearing. His initial hearing loss, which he suffered as a young adult, was said to be noise-related, but he has continued to lose his hearing bit by bit over time.

"Scientific studies seem to suggest that even noise-induced and age-related hearing loss may have hereditary links," said Dr. Scott Manthei, otolaryngology. "That may sound odd considering that noise is an environmental factor. However, the level at which noise causes permanent damage to hearing is, in part, hereditary."

Note: If you have a parent or grandparent who suffered from hearing loss, whether as a baby or later in life, be sure to include that information in your family health history.

MAKE FAMILY HOLIDAYS FAMILY HEALTH HISTORY TIME

Planning a family Thanksgiving feast? If so, you will likely be busy determining who will make the turkey, the cranberries, the potatoes and the pecan pie. You might also want to plan a frank family discussion regarding who has diabetes, heart disease, Alzheimer's or asthma.

Surgeon General Steven K. Galson, M.D., M.P.H., has declared Thanksgiving 2008 to be the fifth annual National Family Health History Day. Over the holiday or other times families gather, the Surgeon General encourages Americans to talk about and write down the health problems that seem to run

in the family. Learning about your family's health history may help ensure a longer, healthier future together and may help you or another family member avoid or at least reduce the risk of certain medical conditions.

Below is a basic family health history form. Clip it out, copy it and have each member of your family fill it out to create a family health history report. For a more comprehensive family health history packet or electronic program, visit www.hhs.gov/familyhistory/.



Family Health History

Name _____

Birth Date _____ Age _____ Sex _____

Have you ever been told by a medical doctor that you suffer(ed) from any of the following health problems?

Condition	Yes	No	Not Sure	Age at Diagnosis
Heart attack (hospitalized)	___	___	___	_____
Coronary bypass surgery	___	___	___	_____
Heart disease (rheumatic or other)	___	___	___	_____
Stroke	___	___	___	_____
Breast cancer	___	___	___	_____
Colon cancer	___	___	___	_____
Hip fracture	___	___	___	_____
Asthma	___	___	___	_____
Alzheimer's disease	___	___	___	_____
High blood pressure (on medication)	___	___	___	_____
Diabetes	___	___	___	_____
Other:	___	___	___	_____
_____	___	___	___	_____
_____	___	___	___	_____
_____	___	___	___	_____
_____	___	___	___	_____

Cigarette Smoking

- ___ Smoker: Has smoked regularly for at least one year
- ___ Ex-smoker: Stopped smoking for at least one year after smoking regularly
- ___ Non-smoker: Never smoked cigarettes regularly
- ___ Not sure

If a smoker or ex-smoker, mark average amount smoked:

- ___ Less than one pack a day
- ___ About one pack a day
- ___ More than one pack a day

Usual weight

- ___ Slender or average
- ___ 10 - 49 lbs. overweight
- ___ 50 - 99 lbs. overweight
- ___ Over 100 lbs. overweight
- ___ Not sure

Alcoholic beverages

- ___ Regularly
- ___ Sometimes
- ___ Never
- ___ Former
- ___ Not Sure

Routine Exercise

- ___ Yes
- ___ No
- ___ Not Sure



Susan G. Komen for the Cure: Local Efforts

Breast Cancer Education, Community Programs and Fundraising Excellence



The Southern Nevada Affiliate of Susan G. Komen for the Cure® was founded in 1996, the year after the first Komen Race for the Cure®, to carry out the promise of our organization — to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. The Affiliate continually strives to meet this promise through three core activities - education, fundraising and grant making.

Our education activities focus on spreading the message that early detection saves lives. Through a speaker's bureau, participation in community health fairs, the annual Survivor Celebration, Komen Cares bags for newly diagnosed, and outreach to the medically underserved, our volunteers and staff continuously spread this fundamental message in our community.

In addition to our signature fundraising event, the Susan G. Komen Southern Nevada Race for the Cure®, the Affiliate recently hosted a second signature event with Town Square called 'Paint the Square Pink'. This event was a huge success and we look forward to making it bigger and better next

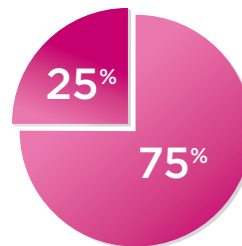
year! Additionally, we are very grateful to benefit from dozens of third party events and initiatives throughout the year. Corporate and individual donor support also contributes to our fundraising success.

The Affiliate is well-recognized as a leader in grant making, having awarded more than \$2 million dollars to a wide variety of non-profits that provide breast health/breast cancer services to the uninsured and underserved in our four county service area. The Affiliate is currently funding fifteen projects, totaling nearly \$725,000. We also contribute to funding cutting edge research through our headquarters to find the cures for breast cancer, making Komen for the Cure the world's largest source of nonprofit funds dedicated to curing breast cancer at every stage - from the causes, to the cures, to the pain and anxiety of every moment in between.

By: Jackie Brown, Executive Director



For the second year in a row, Susan G. Komen for the Cure has been named a top-rated charity by Charity Navigator, America's largest independent evaluator of charities. Charity Navigator's award of four out of a possible four stars indicates that we excel in successfully managing our organizational finances in an efficient and effective manner. This is an exceptional feat, especially given the economic challenges many charities have had to face in the last year.



A minimum of twenty-five percent of the net income of local fund raising events and activities supports the Komen for the Cure Award and Research Grant Programs. Up to seventy-five percent of the net income from local efforts stays here in our community to fund breast health education, breast cancer screening and treatment projects.

SAVE THE DATE
MARCH 7, 2009

2nd Annual Survivors Celebration
Luncheon March 7, 2009
Rio All-Suite Hotel
3700 W. Flamingo Rd.
komensouthernnevada.org



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Stay out of the ER with simple steps that improve lives



Dr. Simong Youmans enjoys helping people take a proactive approach to their health.

Dr. Simong Youmans has seen more than her fair share of heart attacks, strokes and other emergencies. She was an emergency room physician for more than 17 years — eight of those at St. Rose Dominican Hospitals.

Now in private practice, Dr. Youmans says she enjoys being on the proactive end of helping people manage their health. “Nearly 90 percent of the non-injury related emergencies adults face can be attributed to medical conditions that could be avoided or effectively managed through lifestyle modification and working toward a proactive health plan with your health care provider,” says Dr. Youmans.

A frequent topic of conversation with patients is also a topic Dr. Youmans gives lectures on at the Barbara Greenspun WomensCare Center of Excellence: Metabolic Syndrome X, a group of conditions that puts adults and children at risk for heart disease and diabetes. These conditions include high blood pressure, high blood sugar levels, high levels of fat in the blood (triglycerides), a low level of HDL cholesterol — the good cholesterol — and the most obvious sign, too much weight around your waist.

Dr. Youmans believes people can greatly reduce their risk of Metabolic Syndrome X by:

- Eating a low-carb diet. Studies indicate that reducing the amount of carbohydrates you eat can improve the hormonal signaling involved in obesity, lower insulin levels and speed up a sense of fullness that helps you lose weight.
- Exercising at a moderate intensity every day, or almost every day of the week, to reduce risk factors related to metabolic syndrome. A brisk 30-minute walk has proven effective for people who participated in research studies.
- Limiting alcohol consumption. More than two alcoholic beverages a day for men and more than one alcoholic beverage a day for women increases odds of obesity, high blood pressure and diabetes.
- Reviewing the medications you take with your physician. Metabolic Syndrome X can also be a side effect of certain drugs, including corticosteroids, antidepressants, antipsychotic medications, protease inhibitors and antihistamines. **WC**

DO YOU HAVE A ST. ROSE DOCTOR? CALL 702-616-4508 FOR HELP FINDING A PRIMARY CARE DOCTOR OR SPECIALIST.

MAKING THE MOST OF INTEGRATIVE MEDICINE

More than 60 percent of Americans use complementary and alternative medicines (CAM) such as yoga, chiropractic medicine, supplements and herbs, but the majority won't tell their physician — even if they would like to. Studies suggest people won't discuss CAM with their physician because their physician doesn't ask, there is not enough time during the appointment or because they don't think their physician will approve. Dr. Youmans thinks the conversation is critical given that some herbs, supplements and other forms of CAM could have potentially dangerous interactions with conventional therapies, particularly pharmaceutical medications.

Dr. Youmans cites an example of a patient with a chronic disease such as rheumatoid arthritis. Prescription medications might be an effective part of his or her care plan. However, she says, that same patient might find pain relief and an overall sense of well-being

from tools such as yoga, craniosacral therapy and anti-inflammatory supplements such as fish oil and primrose.

Dr. Youmans says integrative medicine isn't simply the use of a mishmash of conventional medicine and CAM. It's about building a relationship with your health care provider and recognizing that both the health care professional and the patient bring essential wisdom to the exam room.

“Many doctors will refer to the healthy balance between conventional and alternative medicine as integrative medicine,” says Dr. Youmans. “As physicians, we may know that a particular form of pain relief medication is proven extremely effective. However, we won't dismiss the fact that you find Tai Chi and deep breathing exercises help control your level of pain or your mindset.”

So speak up, says Dr. Youmans. Any good doctor/patient relationship should begin and end with good communication.

Soup for the Soul

Soup soothes the soul as well as the stomach, and no one knows this better than St. Rose Dominican Hospitals' nutrition liaisons. The fresh, steamy bowls of butternut squash, chicken noodle, mushroom and minestrone soup they serve to patients seem to say, "We care about you." That's just the message these "soup ladies" wish to convey.

Each day, this special soup troop travels the halls of St. Rose with two intentions. The first is to ensure that a patient's soup is served hot and prior to the main course. "Our goal is to deliver patients nutritious and satisfying meals. By serving patients their soup before their meal tray arrives, they can take time to enjoy it without their main dishes sitting around getting cold," said Carol Merta.

St. Rose's delicious soups are, however, more than a first course. The

soups often serve as the entrée to conversation, and striking up a healthy conversation is the soup ladies' second intention.

"Soup represents old-fashioned kindness. Patients who are overcoming critical health issues tend to perk up and talk when we come to serve soup. As nutrition liaisons, we have ample time to visit with patients, listen to their stories and offer moral support and assistance," says Cheryl Hallet. "We also do our best to cater to our patient's loved ones. Offering them a bowl of soup or something to drink can lighten their emotional load, and our patients rest easier when they know that the family member at their bedside is well-cared for, too."

So it seems that soup is more than good food. Soup translates into tender loving care. **WC**

"This is a special job. We look forward to visiting our patients. It's an honor to bring patients warmth and comfort and to treat them with the compassion we would hope to receive if we were ill or injured."
– Gladys Iman



St. Rose nutritional liaisons
Cheryl, Carol and Gladys (front)

HALT THE SALT IN HOMEMADE SOUPS

As satisfying as a bowl of soup can be, many soups are loaded with salt. Try these simple tricks to make richly flavored soups that are sodium free:

- If your recipe has a stock or bouillon base, use a commercial sodium-free or reduced sodium broth or make your own stock.
- Reduce your soup stock or broth by simmering it uncovered until some of the liquid evaporates. This will intensify its flavors.
- To mimic the taste of saltiness, add lemon juice or vinegar to your soup just before serving. These ingredients give the impression of saltiness.
- To add additional flavor, increase the herbs and spices you add to your soup stock or broth. Chives, for instance, add a delicate onion flavor. If you are not sure what spices or herbs to use, you can find salt-free soup recipes on web sites such as epicurious.com.
- If a soup recipe calls for cooking wine, keep in mind that cooking wines often have added salt. Try using regular table wine instead. The alcohol will burn off during the cooking process, but the great flavor will remain.



Show you care with canned soups

The Saint Therese Center has been assisting Southern Nevada individuals and families affected by HIV/AIDS since 1998. In celebration of the Saint Therese Center's 10th anniversary, St. Rose is holding a canned food drive to help stock the center's community food pantry. Your donation of canned items such as soups, sauces, vegetables, fruits and meats will help ensure that the Center can meet its clients' needs for nutritious food throughout the holiday season. Canned food donations may be dropped off at any one of St. Rose's three campuses (see map on page 10) or at the Center's main office located on the southeast corner of St. Rose Dominican Hospitals-Rose de Lima Campus.

Saint Therese Center's

Food Pantry Facts

Average amount of food that the Saint Therese Center distributes to those affected by HIV/AIDS each month

	Monthly Value
Households Served	1,291
Food Bags Provided	4,892*
Canned Goods	16,383 lbs.
Meats	8,928 lbs.
Produce	3,062 lbs.
Breads and Sweets	23,795 lbs.

* Amount does not include glass containers and paper products donated. St. Rose and Saint Therese recommend donating only canned items at the hospital sites to minimize package damage and food spoilage.

“What does good in bed mean to me? When I’m sick and I stay home from school propped up with lots of pillows watching TV, and my mom brings me soup — that’s good in bed.”

- Brooke Shields

DE-SALT PACKAGED SOUPS AND NOODLES

When preparing packaged soups or noodles such as Top Ramen, drain off half of the broth, add extra water to the broth or use only half of the spice packet provided. This is especially important when serving the noodles to children, considering that a package of Top Ramen made with the entire flavor packet has about 1,560 milligrams of salt. How much sodium is okay for kids? Here's a simple guide:

- Ages 1 to 3:** Less than 1,500 mg. daily
- Ages 4 to 8:** Less than 1,900 mg. daily
- Ages 9 to 13:** Less than 2,200 mg. daily
- Ages 14 to 18:** Less than 2,300 mg. daily



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Avoiding influenza

YOUR BEST SHOT

The flu vaccine is your best shot against getting influenza*. The Centers for Disease Control reports that when the available flu vaccine and the actual circulating flu strain are a close match, the vaccine prevents influenza in 70 to 90 percent of healthy people younger than 65. Though the flu shot is somewhat less effective in preventing flu among people older than 65, it can lessen the flu's severity and duration, the development of a secondary infection such as pneumonia and the chance of flu-related hospitalization or death.

**Severe allergic reactions to the flu are rare but can occur if you are allergic to eggs or have suffered from Guillain-Barre syndrome.*

A SECOND LINE OF DEFENSE

If the flu vaccine is your first line of defense against influenza, antiviral medications may be your second, particularly if you're at high risk of complications related to influenza. These drugs, available by prescription, can reduce the severity of flu symptoms and shorten the time you are sick by one or two days. They may also make you less contagious to other people. However, to be effective, antiviral medications must be taken within 12 to 48 hours of symptom onset. If you are at high risk for complications related to the flu, ask your doctor if antiviral medications are right for you.

FLU SYMPTOMS

Influenza, a contagious respiratory virus also referred to as "the flu," usually comes on quickly. Symptoms may include:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

It's important to note that these symptoms are often associated with other illnesses, including the common cold. Consult your doctor for an accurate diagnosis, particularly if you are among individuals considered at high risk for flu-related complications. Those at high risk include people 65 or older, people with chronic medical conditions (such as asthma, diabetes or heart disease), pregnant women and young children.



HANDS FREE OF INFECTION

The following hygiene tips can go a long way in stopping the spread of colds and flu:

- **Wash your hands** thoroughly and frequently for a minimum of 20 seconds with warm water and soap. Use alcohol-based hand wipes or gels when soap and water aren't handy.
- **Apply a water-based** absorbent hand cream three to four times a day and wear gloves when washing dishes, cleaning house or gardening. These simple steps can keep your skin from getting dry, cracked, scraped or cut, which can make your body more susceptible to infection.
- **Use a tissue** to cover your mouth and nose when you cough or sneeze, then throw the tissue away. If you don't have a tissue, cough or sneeze into your elbow or the upper part of your sleeve. Your elbows are much less likely to spread germs to other surfaces or people than your hands.
- **Try not to touch your face** with your hands. Cold- and flu-causing germs can easily spread by simply touching your hands to your nose, mouth and eyes.
- **Don't go shopping for the flu.** When shopping, use antibacterial wipes to clean off the handle of your shopping cart, use your own pen to sign your receipts and if you use the restroom, hang your purse on the hook rather than placing it on the floor, which may be covered with germs.
- **Be a teacher's helper!** If you volunteer in your son's or daughter's classroom ask if you can help stop the spread of colds and flu by disinfecting light switches, door knobs, desks and computer keyboards. A study indicated that nearly 50 percent of teachers surveyed regularly cleaned and disinfected their classrooms themselves. It also noted that the dirtiest thing in the classroom was the handle of the community pencil sharpener.



Upcoming Promotions

“Trim Your Tree with Brighton”

October 31st – November 16th

FREE Ornament!! Receive an exclusively designed Holiday ornament when you make a single Brighton purchase of \$100 or more. (Limit one per customer, while supplies last.)

“Heart Filled with Joy”

December 1st – December 15th

FREE GIFT!! Receive a lovely heart shaped chime with the word “JOY” engraved on it when you purchase \$100 or more of Brighton product. (Limit one per customer, while supplies last.)

“Dream Peace”

January 16th – February 14th

Limited Edition Bracelet!! Brighton has designed a beautiful bracelet to promote world peace. For each Dream Peace bracelet sold, Brighton will donate \$5 to one of four charities of your choice that work hard to promoting peace. See stores for the four selected charities.

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
NEW McCarran “C Gates” location opening early 2009!!!**

Your Heart's in the Right Place

NO. 1 IN THE STATE.

St. Rose Dominican Hospitals – Siena Campus is ranked No. 1 in the state for overall cardiac services, four years in a row (2006-2009) by HealthGrades®, the nation's leading independent healthcare ratings company.



NEW EP STUDY LAB.

St. Rose Dominican Hospitals – San Martín Campus recently introduced the valley's newest Electrophysiology (EP) Cardiology lab to address heart rhythm abnormalities, called arrhythmias. During an EP study, a specially trained cardiac specialist known as an electrophysiologist may provoke a patient's arrhythmias to pinpoint the heart tissue that gives rise to the abnormal electrical impulses that cause arrhythmias. This charting of the heart's electrical impulses enables physicians to diagnose the source of arrhythmia symptoms, evaluate the effectiveness of certain medications in controlling the arrhythmia, predict the risk of a future cardiac event, such as sudden cardiac death or assess the need for an implantable device (a pacemaker or ICD) or treatment procedure (catheter ablation).

NEXT ISSUE!

- Learn more about St. Rose's EP Labs and how St. Rose has become the first in the state to implant the latest Medtronic Vision 3D implantable defibrillators and pacemakers. Vision 3D defibrillators offer remote monitoring and automatically adjust to the body's physiologic needs.
- Find out how St. Rose Dominican Hospitals is helping patients and their physicians better manage congestive heart failure (CHF).

Quality Care at Home. The Home Health program at St. Rose Dominican Hospitals has been presented with the 2008 *HealthInsight* Quality Award. The *HealthInsight* Quality Award acknowledges home health agencies that are actively engaged in advancing care in areas that have been designated as national healthcare priorities by the Centers for Medicare & Medicaid Services (CMS). Such areas include, but are not limited to:

- reduction in the number of patients who need re-hospitalization
- improvement in the ability of patients to get in and out of bed, walk or move around and bathe
- reduction in patient pain when moving
- appropriate wound care and medication management

Support Independence. Independence is something Americans hold in the highest regard. St. Rose Dominican Hospitals' Helping Hands program helps the frail, elderly

and disabled maintain their ability to live independently by providing them transportation to and from the doctor, pharmacist and grocery store. If you can lend a helping hand, volunteer drivers are needed. Call 616-6554 for more information.

Use Your Lifeline. If you are frail, elderly or disabled, a Lifeline personal emergency response system may be right for you. Use of this wearable device is simple. In the event of a fall or emergency, you simply press your Lifeline button to be connected to a trained Personal Response Associate who can send help quickly – 24 hours a day, seven days a week. Call 614-5877 for more information.

Healthy Employees. St. Rose Dominican Hospitals' Corporate Wellness department provides preventive health programming (employee health fairs, health screenings, consultations and workshops) that can reduce employee illness and injury — thus lowering an organization's healthcare costs. Call 492-8116 for more information.

Yvetta Kennedy knows our drinking water is on tap because she tests it every week.

To help ensure the safety of our drinking water, Yvetta Kennedy serves on one of five panels of highly trained Southern Nevada Water Authority employees and private sector volunteers who meet weekly to **taste** and **smell** water samples drawn from various locations in the Las Vegas valley.

Yvetta and the other panel members serve as the front line in ensuring that our vital water supply continues to **meet** or **surpass** all federal Safe Drinking Water Act standards.

To learn more about how our water is treated and tested for safety, call the **Southern Nevada Water Authority** at 258-3930 or visit snwa.com. 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 the Southern Nevada Water Authority.



YVETTA KENNEDY
SNWA Flavor Panelist

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

A family's history of supporting quality healthcare

In the mid-1950s, Sister Felicia Haidyz, a woman religious often referred to as the “angel of mercy,” served as Rose de Lima Hospital’s administrator. When the low-rambling hospital’s patient wards began bursting at the seams, she mobilized the community to raise funds for a new three-story patient tower to better serve Southern Nevadans.

Hank and Barbara Greenspun were among the first in the community to make a pledge of support. Their donation of \$2,500 was a truly generous gift given that they were raising a young family in a rental home and their business, a fledgling newspaper called the *Las Vegas Sun*, was often cash starved.

Hank, however, believed in investing in Southern Nevada – so much so that he put almost every spare dime the family had toward the purchase of raw land. The donation they gave to Sister Felicia was a stretch for their family, yet it underscored the value they placed on community. They believed that quality health care was vital to serving the community’s immediate and future needs.

In the nearly 50 years since that three-story tower was built on the Rose de Lima Campus, the Greenspuns’ newspaper business has morphed into a media empire. The land they purchased was transformed into a place called home by tens of thousands of area residents and the small hospital they supported is now a system of three not-for-profit, acute-care facilities with ancillary services dedicated to meeting the physical, emotional and spiritual needs of Southern Nevada residents.

As the Greenspun family prospered, their philanthropic efforts grew by leaps and bounds. We are proud to say that the Barbara Greenspun WomensCare Center of Excellence, which the Greenspun Family Foundation endowed with a \$3 million donation in January 1999, is now entering its tenth year of service to the community and boasts two locations. **WC**

“Your gift – large or small – will bring hope and good health to someone in need.”

DOES YOUR FAMILY HAVE A PHILANTHROPIC VISION AND HISTORY?

If you, your family or your organization has benefited from St. Rose Dominican Hospitals or The Barbara Greenspun WomensCare Centers of Excellence, we invite you to consider making a donation of any size to our healthcare ministry. Use the donation envelope inside this issue of WomensCare magazine to make an unrestricted gift or make a gift to a specific hospital area you wish to support. Learn more about supporting St. Rose at supportstrose.org.




Above: Hank and Barbara’s history of giving back to the community has created a legacy of healthcare in Southern Nevada. Below: Barbara, pictured with Old Blue Eyes at St. Rose Dominican Hospitals’ annual Mardi Gras Ball in the 1970s. The hospitals’ 52nd annual ball will be held Saturday, Feb. 21, 2009, at the Bellagio.

Next four issues! Celebrate the *Year of Caring Women* with us. It’s all part of The Barbara Greenspun WomensCare Centers of Excellence 10th anniversary!

...then comes baby and the baby carriage...

NOW WHAT?



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Get \$100

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



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CREDIT UNION



*Other terms and conditions apply. Ask for details. Offer expires January 31, 2009.
Ad date 11/2008. FSR use FT code CA.

Family philanthropy: nurturing a generous nature within your children

Share and share alike

Raise generous, community-minded children by letting your kids “catch you in the act” of being generous. They are sure to learn by your lead.

Talk values

Discuss your values (family, faith, health, community, world peace, etc.) with your children and help them nurture their own.

Volunteer together

Volunteer with your children to open their eyes and their hearts to the needs of others. It will not only promote family unity but will also stimulate personal pride among your children as they realize their own ability to make a difference in someone else’s life or in the world around them.

Establish giving habits

Start simple. For instance, each time you receive change at the grocery store, let your child put it in a small jar. When the jar is full, let them donate it to a nonprofit organization. Or if your child receives an allowance, designate a part of that allowance for the child’s use, a portion for savings and a portion for helping others.

Establish giving guidelines

Purchase a \$1 Children’s Miracle Network balloon at Wal-Mart or Costco. It is a great way to create a “feel good” moment with your child. When considering a giving strategy for larger sums of money, take time to research the organization. You may want to select a registered 501(c)(3) nonprofit that must follow strict operating guidelines, making it easy to research, evaluate and monitor their activities.

Give a gift in their name

Make a donation to a nonprofit organization when your child is born in his or her name. As your child grows, let your child make a small donation to the charity of his or her choice each year on their birthday. Or make arrangements that enable him or her to donate their time or their gently used toys and clothing to an organization in need.

Record your child’s giving

Jot down the monetary donations and volunteer efforts made in your child’s name in their baby book or create a memory book focused on the ways they have helped others.

Compliment your child’s generosity

When your children act generously, whether it’s sharing toys with another child, opening the door for someone or organizing a garage sale to raise money for an ill classmate, compliment their efforts. Your praise will help establish a lifetime habit of generosity.



BE AN ANGEL

St. Rose Dominican Hospitals and the Salvation Army invite you to buy a gift for a needy child or senior through the annual Angel Tree program. You can select your angel tag, which provides the name, age, gender, clothing sizes and the special needs and/or wishes of a needy child or senior, at any one of the three St. Rose campuses between Nov. 24 - Dec. 10. Then purchase gifts and bring them, unwrapped, to the campus where you picked up your tag by Dec. 12.

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