

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

SPRING 2009 • ISSUE 41

**CREATING
YOUR CHILD'S
MEDICAL
HOME**

**TOO YOUNG
TO FEEL
SO OLD?**

**PADDLE
FOR A
PURPOSE
WITH
SOPHIA
CHOI**

The BARBARA
GREENSPUN

WomensCare 

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW

Today was a good day.



I saw my Ophthalmologist...

Jason had his hearing tested...

Mom's glaucoma was checked...

Heather had her allergy shot...

and Dad, well he finally had his last snoring treatment.

All at Nevada Eye & Ear. Today was a good day.

All Nevada Eye & Ear doctors are Board Certified Ophthalmologists or Otolaryngologists with fellowship training in Glaucoma, Pediatrics, Cornea/External Disease, Facial Plastic Surgery or Neurotology/Skull Base Surgery.



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(Windmill at Pecos)

9100 West Post Road
(I-215 between Sunset & Russell)

2020 Goldring Ave., Suite 401
(Near Valley Hospital - Eyes only)

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(Boulder City ENT only)

Let us make your day. To schedule an appointment call (702) 896-6043.

Same day appointments available • Se Habla Español

letter

FROM THE PRESIDENT



Dear Friends,

When it comes to infants and children, St. Rose Dominican Hospitals and our partner, Children's Miracle Network, keep sight of a simple truth: Children are not simply pint-sized adults. Physically and emotionally, they are different than adults and they are different from one another. Each child is a miracle — a unique human being — so his or her medical care must be individualized.

St. Rose provides quality care that is sized, dosed and delivered to meet each infant's, child's or teenager's needs. As we treat the child, we also go to great lengths to tend to their families because we understand that each child entrusted to our care is a parent's most precious gift, the apple of their grandparents' eyes and a playmate, teammate, best buddy or brother or sister to another child.

This Spring, Children's Miracle Network is holding its annual fundraising balloon drive. The brightly colored paper balloons are available at many area retail and warehouse stores for a \$1 donation, with 100 percent of the revenues going toward enhancing the family-centered neonatal and pediatric medical services offered by St. Rose Dominican Hospitals.

Thank you for your support, and remember, when it comes to making a child's medical miracle come true, every dollar counts!

Rod A. Davis

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

coverstory

PADDLE POWER

Join KVBC-TV Channel 3 anchor, Sophia Choi, in paddling for a purpose at the Rose Regatta - A Dragon Boat Festival at Lake Las Vegas on Saturday, October 10, 2009. Learn how (on pages 4 and 5) this floating fundraiser will benefit the Barbara Greenspun WomensCare Centers of Excellence breast cancer support groups and St. Rose Dominican Hospitals' R.E.D. Rose program, which provides uninsured women and men the medical and emotional care they need to survive breast cancer.

According to Sophia, dragon boat racing is a recreational sport that people of all ages and fitness levels can enjoy.

"Whether you're a breast cancer patient, survivor, know someone whose life has been affected by breast cancer or simply want to help, I encourage you to get involved in this fabulous fundraiser," says Sophia. "It can take as little as two practices to get the hang of rowing a dragon boat and the sense of team spirit you will experience while paddling with a group of 20 people committed to a worthy cause is phenomenal."

SIENA CAMPUS NAMED ONE OF AMERICA'S BEST HOSPITALS!

A Consumers' Checkbook survey, reported in the May/June 2009 issue of *AARP-The Magazine*, just named St. Rose Dominican Hospitals-Siena Campus one of the best hospitals in America. Consumers' Checkbook, a nonprofit watchdog group, surveyed doctors from across the country asking them whether and where they recommend patients seek care in their own and other communities for difficult cases including complicated heart conditions, cancer and other unusual ailments. Learn more about the Siena Campus' prestigious ranking in the next issue of *WomensCare Magazine*.

WOMENS CARE CENTERS

Director: Holly Lyman

Staff: Mickey Bachman, RN, Marie Bevins, RN, IBCLC;
Amy Godsoe; Trianna Hunter, RN, CLC;
Arla Leins, IBCLC, Avery Lewisohn, IBCLC,
Brittany Massenburg, R.D., CLC; Sandra Morel;
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 and men. The Barbara Greenspun WomensCare Centers 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



Paddle for a Purpose

Twenty-four women recently accepted an invitation — or a challenge of sorts — from The Barbara Greenspun WomensCare Centers of Excellence. They were asked to take one dragon boat racing lesson. If they enjoyed it, they agreed to return for a second training session with a friend, family member or co-worker.

When the women arrived at Lake Las Vegas, Ellen Law, a world champion dragon boat racer, encouraged them to spend a few minutes getting acquainted. In doing so, they learned that there were no serious, seasoned athletes in the group and that their ages, fitness levels and water sport experiences were varied. They also found that not one among them had heard of dragon boat racing before receiving the WomensCare Centers' invitation.

Ellen then gave the women a short history lesson on the ancient Chinese sport and taught them how to properly secure their life jackets, hold their paddles and board the dragon boat. She also gave the group implicit instructions not to talk until the training ended. As Ellen began barking out instructions on how to get the boat moving, paddles clashed, some women got splashed and the boat barely moved; yet just an hour later, their 40-foot dragon boat could be seen gliding quietly and quickly across Lake Las Vegas.

Paddles Up!

After the boat returned to the dock, Holly Lyman, the director of the WomensCare Centers, called out, "Paddles up!" a dragon boat command that signals the team is ready to paddle. Holly knew

that if these women were ready to come back and paddle again, they could compel hundreds of other women and men to try the fastest-growing water sport in the United States, as well as to paddle for a purpose — raising funds for uninsured women and men who need medical care to fight breast cancer. Much to Holly's delight, 24 paddles were raised high. The group returned two days later with women and men ready to train for the Rose Regatta — A Dragon Boat Festival at Lake Las Vegas, which will be held on Saturday, October 10, 2009.

Brace the Boat!

"Women facing breast cancer often feel desperately alone, like a boat adrift in troubled waters with no safe harbor in sight," said Marcy Malloy, a breast cancer survivor and support group facilitator. "The intent of St. Rose and the WomensCare Centers is to 'brace the boat' for uninsured breast cancer patients."

Bracing the boat is one of the most important techniques of dragon boat racing. Each team member holds his or her paddle down flat, so that it lightly touches the water. This gives the boat a much larger footprint, which makes it more stable in rough water. Likewise, the WomensCare Centers are trying to bring the community together to raise funds that will provide uninsured breast cancer patients the medical and emotional support they need to find stability and stay financially afloat during their time of need.

According to Holly, the regatta and festival revenues will fund

breast cancer screenings, mammograms, biopsies and surgeries, as well as some basic household costs for uninsured women who have to take time off work during their treatment and recovery.

“St. Rose and the WomensCare Centers are fortunate to have the support of Susan G. Komen for the Cure and St. Rose surgeons. The grant funding and donation of services they provide enables our hospitals and our WomensCare Centers to offer extensive breast cancer support services,” said Holly. “Proceeds from the dragon boat regatta will allow us to further enhance the care we provide.”

Income from the regatta and festival will also help fund an incredibly inspirational facet of dragon boat racing: floating breast cancer support groups that will bring sufferers and survivors of breast cancer together to enjoy the physical and mental benefits the activity can provide.

“Some women find paddling spiritually and physically invigorating and see it as a way to rebuild areas of their arms and chests which were affected by breast cancer and surgery,” said Holly. “Other women prefer to ‘let it run,’ which in dragon boat terms means to stop paddling and let the boat glide. We’re here to paddle for the women if they just need an opportunity to relax and take in the tranquility of Lake Las Vegas.”

A Positive Angle

In dragon boat racing, the positive angle concept is very important. A team starts by thrusting their paddles straight down into the water at a positive angle. The team’s collective paddle force raises the boat a bit. When done effectively, little water is displaced by their paddles so there is less resistance on the boat, which propels the boat forward and makes subsequent paddle strokes easier.

While the positive angle of the Rose Regatta is raising funds necessary to increase the survival rate of uninsured women and men with breast cancer, those who have come out for training are finding their own personal, positive angles.

“I signed on to help uninsured women with breast cancer, but I am also taking this opportunity to face my own fear of being out on open water,” says Renee Branch. “I’ve loved my first few trainings, and I plan to go back out on the water as often as I can.”

Others find that the quiet, rhythmic pattern of paddling in unison with so many people has a spiritual essence that can bring a sense of calm to their day.

The positive angles to dragon boat racing even extend into the business world, says Holly. “There isn’t a day that goes by when you don’t hear a news reporter referring to the financial downturn as ‘the perfect storm’ or ‘economic troubled waters.’ We’ve initiated dragon boat team-building excursions to help businesses and civic organizations promote communication and collaboration among their workforce. We believe that some of the techniques learned from dragon boat racing may help them stabilize or change the course of their business and propel it forward.” **WC**

ROSE REGATTA A DRAGON BOAT FESTIVAL AT LAKE LAS VEGAS

Use your paddle power to help raise funds for uninsured women (and men) facing breast cancer so they can get the quality, compassionate medical care and psychosocial support they need. This floating fundraiser is open to people of all ages and ability levels – boats, paddles and life jackets are provided.

Date: **Saturday, October 10, 2009**

Place: **Lake Las Vegas**

Registration: **More information at strosehospitals.org or 616.4900**

- Dragon boat races
- Art Festival
- Asian music, dancing and martial arts
- Asian food
- Children’s activities and more

DRAGON BOAT TRAINING

BEGINNER WOMEN’S WORKSHOPS

Learn the basics of dragon boating in this two-hour workshop.

Wednesday - May 27, June 24 or July 22; 6:30-8:30 p.m.

Lake Las Vegas: \$10

WEDNESDAY WOMEN’S TEAM

Experienced dragon boaters, join our practice team.

1st & 3rd Wednesday - 7-8:30 p.m.

Lake Las Vegas

SUNSET ROWING MEDITATION

Row away your stress with guided relaxation and wine.

No paddling experience needed.

Wednesday - May 13, June 10, July 15; 6:30-8:30 p.m.

Lake Las Vegas: \$40 (proceeds benefit the Floating Support Group)

“PINK PADDLERS” FLOATING BREAST CANCER SUPPORT GROUP

4th Monday - 6-7:30 p.m.

Lake Las Vegas: FREE for Breast Cancer Survivors and a support person.

CORPORATE TEAM BUILDING

Grab 20 co-workers and get out of the boardroom for a two-hour team-building training session. Call 616-4900 to schedule.

Lake Las Vegas: \$10 per person or \$200 for private training session.



Upcoming Promotions

Ears Looking at You

April 24th- May 10th, 2009

FREE EARRINGS! Purchase any Brighton Necklace and Bracelet and receive a Free Pair of Earrings-Your Choice! (Earrings must be from store stock.)

Totally Toteable

June 5th - June 21st, 2009

FREE TOTE! Receive an adorable folding tote as your gift when you purchase \$100 or more of Brighton product! (Limit one per customer while supplies last.)

Shoe of the Month

July 1st - July 31st, 2009

WIN A TRIP TO ITALY! Come into any Brighton Collectibles location and try on the "Shoe of the Month" and enter to win a trip for two to Florence, Italy!

*Dia Butterfly Tote \$180; Sunkissed Medium Wallet \$94;
Sunkissed Belt \$53*

**The District at Green Valley Ranch 270-0100 • Fashion Show Las Vegas 731-5929 • Fashion Village at Boca Park 944-8474
The Forum Shops at Caesars • Miracle Mile Shops at Planet Hollywood Resort & Casino
The Grand Canal Shoppes at The Venetian • McCarran International Airport Main Terminal /D Gates/C Gates**

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THE HISTORY OF DRAGON BOAT RACING

Dragon boat racing is a 2,400-year-old Chinese sport that is paddling its way to a new era of popularity as the fastest-growing water sport in North America. The races were, however, born out of the tragic death of a wise man named Qu Yuan, who served in the court of Emperor Huai during the Warring States Period (475-221 B.C.). Qu Yuan's attempts to reform the court's corruption angered greedy court officials and led the emperor to exile him. Qu Yuan traveled, taught and wrote, but the strain of exile drove him to despair and he ended his life by flinging himself into the Miluo River. Local fishermen raced their boats out onto the river in search of Qu Yuan's body. In the centuries following his suicide, people paid tribute to Qu Yuan by racing dragon boats to the site of his death. Over time, dragon boat racing has become a global water sport and a spirited form of fundraising that brings recreational and competitive teams together to paddle for worthy causes.

R.E.D. ROSE

If you or someone you know have found a lump in your breast or chest area but do not have adequate insurance to have it checked, St. Rose's R.E.D. Rose Program provides free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men 49 and younger who lack adequate health care coverage or the financial means to obtain them. Support services such as household and food assistance are also available for R.E.D. Rose clients undergoing breast cancer treatments.

Bilingual services are available.

For information, call
702.616.7525.

Paddle it forward! Individuals, friends, families, co-workers, sororities, church groups are encouraged to join the fun.





IMPACT. MAKE ONE.

Whether you run, walk or stroll, discover with every step your power to change the world. Join the Susan G. Komen Race for the Cure® and the movement that started it all. Together, we promise to end breast cancer forever.

Susan G. Komen Southern Nevada Race for the Cure®

This space provided as a public service.



susan g. Komen
race
FOR THE
cure®

WALK WITH US • REGISTER TODAY
Saturday, May 2, 2009
Additional registrations and
donations until May 31, 2009
www.komensouthernnevada.org

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Sophia on the Simple Life

Sophia Choi enjoys an exciting career in front of the camera as one of the anchors of KVBC-TV Channel 3's 4 and 6 p.m. newscasts. When she's not delivering the news, Sophia takes pleasure in serving fabulous meals to her family and friends.

While her recipe for healthy turkey chili was featured in *Cooking Light* magazine, *WomensCare* magazine was surprised to find that Sophia's recipe for a healthy lunch is the ultimate in simplicity. Here are three easy ways she nourishes her body and feeds her taste buds on a typical day on the job.

Açaí. Berries and chocolate, anyone? According to Sophia, the vividly colored açaí (ah-sigh-ee) blends the taste of both. Studies have shown that this high-energy berry, produced by a special Amazon palm tree, is packed with more powerful anti-aging properties than its relatives — the blueberry and cranberry. The açaí fruit has 10 times more antioxidants than red grapes, contains a mixture of monounsaturated (good) fats, dietary fiber and phytosterols, which help promote cardiovascular and digestive health. The fruit also has a near perfect essential amino acid complex that, in conjunction with valuable trace minerals, is vital to proper muscle contraction and regeneration. Açaí juices and pulp are found most commonly at health food and gourmet stores, but Sophia picks up açaí juice right at her neighborhood Albertsons or Fresh & Easy.

While many web sites are touting açaí as a weight loss product, very few studies have been done to prove the benefit of açaí in promoting weight loss.

Tea. Studies indicate that the properties of green tea, a staple of many Asian cultures, can reduce hypertension. Sophia believes that the process of relaxing and slowly sipping a hot, steamy cup of green tea must be equally beneficial to heart health. She also loves that green tea has a healthy effect on the skin since her face is often magnified on big-screen televisions. Green teas are full of antioxidants that neutralize free radicals, which damage the skin's cells. Sun exposure, pollution and cigarette smoking are just a few factors that contribute to the production of these free radicals

Rice Bowl. While American diets often limit or forbid starches such as rice, Sophia's lunch bag contains a main course made of chopped broccoli, protein-rich turkey burger and rice all mixed up in a relatively small bowl. She says that Asian people have eaten rice for centuries without fear of weight gain because their portion sizes are often smaller. Sophia also points out that rice and broth-based meals, popular in her native Korea, are often loaded with healthy, low-fat vegetables. **WC**

GO TO KVBC.COM TO FIND THE RECIPE AND THE STORY BEHIND THE NAME OF SOPHIA'S FAVORITE DESSERT — HER DELICIOUS MANDARIN CAKE, MAN DELIGHT!



Sophia Choi

10 FOODS FOR A HEALTHY FACE

1. Açaí
2. Salmon
3. Green tea
4. Olive oil and olives
5. Sardines
6. Brazil nuts
7. Flaxseeds
8. Fat-free dairy products
9. Canola oil
10. Avocados

may · june · july

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

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Pregnancy & Childbirth



Infants, Children & Parenting



HEALTH & WELLNESS

SENIOR PEER COUNSELING

Over 50? Need a trained peer counselor to listen? Call 616-4902 for appt.
HEND; WEST; RDL; SAN

SPA DAY

Enjoy mini massages, reflexology, facials, hand therapy and more!
Thursday, June 25; 1-4 p.m.
WEST: S20

BREAST CANCER SUPPORT

Floating Support Group: **4th Monday - 6-7:30 p.m.**, Lake Las Vegas
Montelago Village Marina
Speaker Meetings: **2nd Monday - 6 p.m.**, HEND
Monday, May 11 - Nutrition
Monday, June 8 - Hypnosis for Healing
Monday, July 13 - Dental Health During Treatment and Beyond

TRANSITIONS

Over 50? Get help navigating life changes related to retirement, relationships and health concerns.
1st Tuesday - May 5, June 2, July 7; 2-3 p.m.
HEND

WIDOW SUPPORT GROUP

1st Wednesday - May 6, June 3, July 1; 2-3 p.m.
HEND

MIGUN MASSAGE

Enjoy free 35-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

Bring a healthy food item to share.
1st Friday - May 1, June 5, July 3; 6:30-8:30 p.m.
HEND
3rd Friday - May 15, June 19, July 17; 6:30-8:30 p.m.
WEST

RELAXATION MEDITATIONS

Practice techniques that promote peace and good health.
Thursday, May 28; 6-7 p.m.
Monday, June 8; 6-7 p.m.
Wednesday, July 1; 6-7 p.m.
HEND

NOURISH YOUR SOUL

Join Susan Provost for enlightening topics and a cup of tea.
Tuesday, May 26; 1:30-3:30 p.m. - Who Are You? Recognizing Your Gifts
Tuesday, June 23; 1:30-3:30 p.m. - Sabbath - Quiet Times to Commune
Tuesday, July 14; 1:30-3:30 p.m. - Social Justice - Gratitude for Our Blessings
HEND

MEDITATION BASIC TRAINING

Learn a different guided relaxation technique each week.
Tuesdays - June 2, 9, 16, 23; 9-10 a.m.
WEST: S20 for four-week series

CLUTTER DIET

Join Liz Nitta, professional organizer to reduce the stress of clutter.
Monday, June 22; 3-4 p.m.
HEND
Tuesday, June 30; 6-7 p.m.
WEST

KNIT TO HEAL

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!
2nd Thursday - May 14, June 11, July 9; 10:30 a.m.-noon
HEND
Thursdays - May 7 & 21, June 4 & 18, July 2, 16 & 30; 1-2 p.m.
WEST

LABYRINTH MEDITATION PROGRAMS

Find peace, clarity and creativity through themed walks and activities.
Friday, May 15; 4-5 p.m. - Remembrance Walk
Friday, June 19; 6-9 p.m. - Summer Solstice Celebration
Friday, July 17; 9-10 a.m. - Freedom Walk
SAN - Labyrinth (next to ER)

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



SpringCalendar

of classes and upcoming events

LABYRINTH SUMMER SOLSTICE CELEBRATION

Walking, meditation and drumming to welcome in the summer.

Friday, June 19; 6-9 p.m.

SAN: Labyrinth (next to ER)

BALANCING ENERGY FIELDS

Join Goldie to release the past through EFT, sound therapy and meditation.

2nd Tuesday - May 12, June 9, July 14; 6:30-8:30 p.m.

WEST

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.

3rd Thursday - May 21, June 18, July 16; 2:30-3:30 p.m.

HEND

MENOPAUSE SUPPORT

Monthly speakers, updates and support; Liz Waggoner, MS

3rd Thursday - May 21, June 18, July 16; 6-7:30 p.m.

HEND

ALZHEIMER'S ASSOCIATION LECTURES

With Christine Terry

Thursday, June 4; 2-4 p.m. - Responding to Challenging Behaviors

Thursday, June 25; 2-4 p.m. - Care Options

Thursday, July 23; 2-4 p.m. - Keeping Your Loved One Safe

HEND

THE ZEN OF PAINTING

Paint a paddle or canvas.

Friday, May 29 or June 12; 1-3:30 p.m.

Saturday, June 27; 10:30 a.m.-1 p.m.

WEST: \$20 (includes supplies)

BEDAZZLED, BEJEWELLED, BE YOU

Join Janice, Joan and Jeannine to replenish, relax and renew.

Saturday, June 27; 9 a.m.-noon

SAN: \$30

MUSIC FOR THE SOUL

Monthly concert series with Judith Pinkerton.

1st Thursday - May 7, June 4, July 2; 3-5 p.m.

SAN

GIRL TALK

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

Tuesday, July 21; 6:30-7:30 p.m.

HEND

CAREGIVER WORKSHOP

Join St. Rose Hospice Services to learn how to care for loved ones at home.

Topics covered: medications, safety, hygiene and stress management.

Call 616-4900 for more information.

TOO YOUNG TO FEEL THIS OLD: WOMEN'S WISDOM BRUNCH

You can run, but you can't hide! You are aging. Learn what to expect, how to recognize new strengths and how you can go with the flow. Presented by Adrienne O'Neal, MFT

Saturday, July 18; 10 a.m.-1 p.m.

SAN: \$35



HELP HELPING HANDS!

Needed: Volunteers to drive Henderson seniors to doctor's 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, consultations, seminars/presentations) to help employers improve the health of their workforce.

Call Al Medina at 492-8116 for more information.



EXERCISE & FITNESS

ZUMBA LATIN FITNESS

Fridays - 9-10 a.m. with Diane

Saturdays - 9-10 a.m. with Linda

HEND: \$5 per session or five sessions for \$20

Mondays - 6:15-7:15 p.m. with Lucy

Wednesdays - 3:30-4:30 p.m. with Linda

Thursdays - 6-7 p.m. with Cindy

Saturdays - 3:45-4:45 p.m. with Cindy

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

BALLET YOGA FUSION

Tuesdays & Thursdays - 11 a.m.-noon with Dr. Debbie

HEND: \$5 per session

BEGINNER YOGA (BILINGUAL ENGLISH/SPANISH CLASS)

Saturdays - 11:30 a.m.-12:30 p.m. with Rosa

HEND: \$5 per session or five sessions for \$20

BELLY DANCING

3rd Saturday - May 16, June 20, July 18; 10-11:30 a.m. with Linda

HEND: \$5

2nd Saturday - May 9, June 13, July 11; 10:30-noon with Goldie

WEST: \$5

WALK THIS WAY: WALKING CLUB

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays - 9-10 a.m.

Call 616-4900 for meeting location. Free

GENTLE YOGA

Wednesdays - 9-10 a.m. with Jeannine

HEND: \$5 per session or five sessions for \$20

Mondays & Wednesdays - 9-10 a.m. with Justine

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

HEALING YOGA

Mondays - 5-6 p.m. with Don

HEND: \$5 per session or five sessions for \$20

Mondays - 5-6 p.m. with Jen

Wednesdays - 5-6 p.m. with Justine

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

CLINICAL YOGA

Tuesdays & Thursdays - 10-11 a.m. with Dr. Debbie

HEND: \$5 per session or five sessions for \$20

MIXED-LEVEL YOGA

Tuesdays - 6-7 p.m. with Don

Fridays - 10-11:15 a.m. with Jen

Saturdays - 9-10 a.m. with Justine

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

AGELESS WOMAN WORKOUT: OSTEOPOROSIS EXERCISE

Learn breathing, yoga and movement techniques that target a woman's aging zones.

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

Tuesdays - 5-5:45 p.m.

HEND: \$5 per session

INTENSE 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 - Wednesdays - 2:30-3:30 p.m.

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

Beginner II - Tuesdays - 1:30-2:30 p.m.

Intermediate - Wednesdays - 3:30-4:30 p.m.

Advanced - Tuesdays - 2:30-3:30 p.m.

Fan Practice - Mondays - 1:30-2:30 p.m.

HEND: First class FREE, \$3 per session or 10 sessions for \$20

Beginners - Thursdays - 9-10 a.m.

WEST: First class FREE, \$3 per session or 10 sessions for \$20



NUTRITION

PROPER pH

The importance of balancing acidic and alkaline foods for the body's health and disease prevention.

Thursday, June 11; 6-7:30 p.m.

WEST

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles and nutritional considerations.

Monday, June 22; 6-7 p.m. - Summer Smoothies

HEND

FIRE UP YOUR METABOLISM

Join Dr. Dominic Riccardi to learn how to boost your metabolism and burn more calories.

Wednesday, June 17; 6-7 p.m.

WEST

may · june · july

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



BIKING AND LIKING IT

Go green, save gas, get fit and have fun all on two wheels

PEDAL PUSHERS & BICYCLE BABES

Learn tips for choosing the right beach cruiser, road bike or mountain bike for your interests – or how bike accessories such as a new seat, pedals and shifting mechanisms can bring your current bike up to speed.

Wednesday, May 13; 10 a.m.-noon

The Bike Shop; 2570 Wigwam Pkwy. (at Pecos)

WOMEN & THE ART OF BICYCLE MAINTENANCE

Learn to fix a flat tire, repair a broken chain and make adjustments to brakes and gears. Also learn biking preparedness and rules of the road.

Wednesday, May 20; 10 a.m.-noon

The Bike Shop; 2570 Wigwam Pkwy. (at Pecos)

EMOTIONAL EATING

Identify personal triggers and practice new skills to stop emotional eating. Taught by Dr. Lindsay Riccardi, clinical psychologist.

Tuesday, June 23; 6-7 p.m.

WEST

LIFESTEPS WEIGHT LOSS PROGRAM

Lose weight through behavioral change, self-monitoring, goal setting, social support and relapse prevention. 13-week program.

Wednesdays - June 24 - Sept. 16; 8:30-10 a.m.

HEND: \$100 (includes materials)

CARDIAC NUTRITION

Learn how to eat for your heart's health.

Thursday, June 25; 10:30 a.m.-noon

HEND

Thursday, July 23; 10:30 a.m.-noon

WEST



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 on your breath.

Wednesday, June 10; 1-3 p.m.

HEND: Free

Tuesday, July 21; noon-2 p.m.

WEST: Free

METABOLIC SCREENINGS

Find out how many calories you need for basic body functioning. No caffeine, exercise or food four hours prior to appointment. Call 616-4900 for dates and appt.

HEALTH SCREENINGS

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Glucose \$5, PSA \$10, Thyroid panel (TSH, T3 & T4) \$15, A1C (diabetes) \$10. A 12-hour fast is required.

Wednesday, June 17; 7-10 a.m.

HEND: Fees listed above

Wednesday, July 22; 7-10 a.m.

WEST: Fees listed above

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 18; 10 a.m.-noon

HEND: Free

Thursday, July 23; 10 a.m.-noon

WEST: Free

PERIPHERAL VASCULAR DISEASE SCREENING

St. Rose Radiology Department will screen you for PVD.

Thursday, July 16; 8 a.m.-noon

HEND: Rehab Suite 140; 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

REFLEXOLOGY FOOT MASSAGE

Schedule 30 or 60 minutes with Sarah Wagner. Call 616-4900 for appt.

Mondays - May 4 & 18, June 15, July 13; 9:30 a.m.-noon

Fridays - May 15 & 29, June 12 & 26, July 10 & 24;

3:30-4:45 p.m.

HEND: \$30 for 30 mins.; \$60 for 60 mins.

Tuesdays - May 12, June 2 & 23, July 7 & 21; 3:30-4:45 p.m.

Thursdays - May 7, June 18, July 2 & 16; 9 a.m.-11:15 a.m.

WEST: \$30 for 30 mins.; \$60 for 60 mins.

CRANIOSACRAL MASSAGE THERAPY

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

Saturdays - May 9, June 6, July 11; 10 a.m.-2 p.m.

HEND: \$30 Cash or check only. Call 616-4900 for appt.

Tuesdays - May 12, June 16; July 14; 10 a.m.-2 p.m.

WEST: \$30 Cash or check only. Call 616-4900 for appt.

HERBS FOR DETOX AND WEIGHT LOSS

Learn how to cut food cravings using herbs with Nicole Carter.

Saturday, June 13; 10 a.m.-noon

SAN: \$35 (includes take-home herbs and samples)

LAY DOWN AND LOSE WEIGHT WITH HYPNOSIS

Bring your own pillow.

Tuesday, July 7; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, June 3; 6-8 p.m.

WEST: \$25 (includes CD)

PAIN MANAGEMENT WITH HYPNOSIS

Wednesday, June 24; 6-8 p.m.

WEST: \$25 (includes CD)

HYPNOSIS SESSIONS

\$75/hour; \$125/two hours; call 274-6670 with Christine Essex, CHT.

FREEDOM FROM SMOKING

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

Tuesdays - June 2, 9, 16, 23, 30, July 7, 14 & Thursday,

July 23; 10-11:30 a.m.

RDL

Thursdays - July 16, 23, 30, Aug. 6, 13, 20, 27 & Tuesday,

Sept. 1; 10-11:30 a.m.

SAN

RELAX AND STOP SMOKING WITH HYPNOSIS

Wear comfortable clothes.

Wednesday, May 20; 6:30-8:30 p.m.

WEST: \$25 (includes CD)

Friday, June 19; 6-8 p.m.

HEND: \$25 (includes CD)

NEVADA TOBACCO USERS HELPLINE

1-800-QUIT-NOW (1-800-784-8669)

Ready to quit smoking? A trained counselor will work with you to develop an individualized plan based on your life and level of addiction.



HEALTH CONDITIONS

LOOSENING A STIFF SHOULDER

Learn the non-operative treatment for painful, stiff and frozen shoulders with Dr. Ryan Grabow, Hand to Shoulder Specialist.

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

HEND



Women's Spirit Celebration and Family Health Fair

Saturday, May 30, 2009, 8 a.m. - noon

5K run (for women only) and health fair, Montelago Village, Lake Las Vegas

For more information, visit www.lakelasvegasevents.com

HAND ARTHRITIS, MAKING YOUR PAIN GO AWAY

Join Dr. Ryan Grabow for the latest non-surgical and minimally invasive treatments for arthritis of the thumb, fingers and wrist.
Thursday, June 25; 6-7:30 p.m.
HEND

GET THE FACTS ABOUT COLON CANCER

Join Dr. Rajat Sood for a lecture on the prevention and treatment of colon cancer. Free Fecal Occult Blood Test Kit.
Tuesday, June 23; 6-7:30 p.m.
MAC

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.
Tuesday & Wednesday - May 26 & 27, June 23 & 24, July 28 & 29; 5:30-9:30 p.m.
Thursday & Friday - May 14 & 15, June 11 & 12, July 9 & 10; 9 a.m.-1 p.m.
Home Health bldg, 1125 American Pacific Dr., Ste. G

STROKE SUPPORT GROUP

3rd Tuesday - May 19, June 16, July 21; 4-5 p.m.
HEND

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss, mini gastric bypass, with Dr. Robert Rutledge.
Tuesday - May 26, June 30 or July 21; 6-7:30 p.m.
RAN

STRIKING OUT AGAINST STROKE

Thursday, May 28; 10-11 a.m.
WEST

HIP, HOP, POP!

Learn from Dr. Michael Han about hip pain including arthritis, tendonitis and bursitis, and the latest techniques in hip replacement surgery.
Thursday, May 28; 3-4 p.m.
HEND

REAL ISSUES; REAL RESULTS: DR. ROGER ELMER, D.C.

Thursday, June 11; 6-7:30 p.m. - Real Solutions to Fibromyalgia
Thursday, July 30; 6-7:30 p.m. - Healthy Attitudes, Healthy Lives
HEND

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 - June 22 - July 27; 10 a.m.-12:30 p.m.
HEND

DASH AWAY FROM HYPERTENSION

Manage blood pressure through Dietary Approaches to Stop Hypertension (DASH) eating, exercise and stress reduction program.
Monday, June 29; 6-8 p.m.
HEND

LOWER CHOLESTEROL WITH TLC (THERAPEUTIC LIFESTYLE CHANGES)

Wednesday, July 29; 5:30-8:30 p.m.
HEND

CANCER QUALITY OF LIFE CENTER

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

BREAST CANCER PROSTHESIS & BRA FITTINGS

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



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.
Wednesday, May 6; 5-9 p.m.
Saturday, June 13; 10 a.m.-2 p.m.
Wednesday, July 1; 5-9 p.m.
Thursday, July 23; 5-9 p.m.
HEND: S30 (includes AHA cert. card)
Saturday, May 30; 10 a.m.-2 p.m.
Friday, June 26; 1-5 p.m.
Tuesday, July 14; noon-4 p.m.
Saturday, July 25; 10 a.m.-2 p.m.
WEST: S30 (includes AHA cert. card)

BLS HEALTHCARE 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.
Monday, May 18; 5-9 p.m.
Friday, June 19; 5-9 p.m.
Monday, July 20; 5-9 p.m.
HEND: S50 (includes AHA cert. card)
Friday, May 8; 1-5 p.m.
Saturday, June 13; 1-5 p.m.
Thursday, July 30; 10 a.m.-2 p.m.
WEST: S50 (includes AHA cert. card)

WORKSITE CPR & FIRST AID CLASSES

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA and other job requirements for schools and daycares 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 safe driving program.
Monday - May 11, June 8 or July 13; 9 a.m.-5 p.m.
HEND: \$12 for AARP members; \$14 for nonmembers (check only)
Saturday - June 13 or July 18; 9 a.m.-5 p.m.
SAN: \$12 for AARP members; \$14 for non members (check only)

SAFE SITTER

Youth ages 11-16 learn safe, nurturing childcare techniques and medical emergency techniques.
Monday - June 15 or July 20; 8:30 a.m.-4:30 p.m.
HEND: S30 (includes lunch)

SEXUAL ASSAULT PREVENTION

Learn how not to become a target for sexual assault with basic self-protection moves from Officer Michael Metzger, Henderson Police.
Saturday, June 27; 10 a.m.-2 p.m.
RAN
Join Sgt. Misty Pence from Las Vegas Metro Police Department to learn to identify offenders and protect yourself. Parents and teens encouraged.
Saturday, June 20; 10 a.m.-noon
SAN

FALL PREVENTION WORKSHOP FOR SENIORS

Learn to avoid falls and improve balance through this seven-week program. Exercise, refreshments, giveaways and camaraderie. Call 616-4900 for the next class.
Thursdays - May 21-July 2; 2-4 p.m.
HEND

GET A LIFELINE

Lifeline personal emergency response systems provide immediate help in the event of a fall or emergency. Enables the frail and elderly to live independently. Call 614-5877 (monthly fee).

RED CROSS PROGRAMS

Pet First Aid, First Aid, Child CPR
Log on to www.redcrosslasvegas.org or call 791-3311.

¿SÍ? PROGRAMAS EN ESPAÑOL

PARA MÁS INFORMACIÓN, POR FAVOR LLAME A 564-0896.

¿NECESITA A UNA 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 miércoles del mes.

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 libras). Para un chequeo o instalación de un asiento de seguridad infantil llámenos.
Costo: Gratis



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. & Wednesdays, noon **HEND**
AA for Women – Mondays, noon **WEST**
AA Co-ed – Saturdays, 6 p.m. & Sundays, 6 p.m. **RAN**
 Sundays, Mondays, Fridays, 7 p.m. **SAN**
Al-Anon Support Group – Thursdays, 7 p.m. **SAN**
ALS Support Group – Last Wednesday, noon **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**
Breast Cancer Support – 2nd & 4th Mondays, 6 p.m. **HEND**
CCFA (Crohn's and Colitis Foundation of America) – 3rd Sunday, 2 p.m. **RAN**
Co-dependency (CODA) – Thursdays, 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**
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 – 1st Thursday, 11:30 a.m. **WEST**
Infertility Support Group – 2nd Monday, 6 p.m. **SAN**
Leukemia & Lymphoma – 2nd Thursday, 6:30 p.m. **HEND**
Menopause Support – 3rd Thursday, 6 p.m. **HEND**
Multiple Sclerosis Support Group – 3rd Wednesday, 7 p.m.; 1st Saturday, 11 a.m. **HEND**
Narcotics Anonymous – Wednesdays, 5:30 p.m. **COND**, Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**
Pregnancy Loss Support Group – 4th Tuesday, 7 p.m. **SGR**
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**
Widow Support – 1st & 3rd Wednesdays, 2 p.m. **HEND**
SUICIDE HOTLINE – 1-800-273-8255



BREASTFEEDING



BREASTFEEDING HELPLINE 616-4908

Certified Lactation Consultants or Counselors can address your breastfeeding questions and concerns.

CONSULTATIONS

Call 616-4908 for a private appointment with a Board Certified Lactation Consultant or Certified Lactation Counselor.
HEND; **WEST**: \$50 for St Rose Dominican Hospitals patients. \$60 for all other clients

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 & SALES

Rent or buy based on your needs and budget. We rent the Medela Lactina and Symphony and carry a full line of Medela breast pumps for purchase.
HEND; **WEST**

NEW MOMMY MIXER

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

FINANCIAL LITERACY FOR WOMEN SERIES

Join the pro bono division of the Financial Planning Association of Nevada in a six-week series to learn how to take charge of your future financial success!

Thursdays - May 21 - June 25; 4-6 p.m.
HEND: Free

LA LECHE LEAGUE

4th Thursday - May 28, June 25, July 23; 10-11 a.m.
FTF
2nd Thursday - May 14, June 11, July 9; 10-11:30 a.m.
WEST



PREGNANCY & CHILDBIRTH

LAMAZE CLASS

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

Tuesdays - May 5, 12, 19, 26; 7-9 p.m.
Tuesdays - June 2, 9, 16, 23; 7-9 p.m.
FTF: \$100 (includes The Official Lamaze Guide)

HYPNOBIRTHING™

Learn natural childbirth methods and hypnosis techniques to bring about a safe, more comfortable birth.

Wednesdays - May 6, 13, 20, 27; 6-9 p.m.
Wednesdays - July 8, 15, 22, 29; 6-9 p.m.
WEST: \$125 (includes book and CDs)
Tuesdays - June 2, 9, 16, 23; 6-9 p.m.
RAN: \$125 (includes book and CDs)

PRENATAL YOGA

Bond with your baby and trust the birthing process; Cindy Lydon, certified whole birth prenatal yoga instructor.

Saturdays, 12:30-1:30 p.m.
HEND: \$3 per class or eight sessions for \$20
Mondays, 5:15-6:15 p.m.
WEST: \$3 per class or eight sessions for \$20

NATURAL FAMILY PLANNING

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

Tuesday, June 16; 7-9 p.m.
WEST
Tuesday, July 28; 7-9 p.m.
RAN



INFANTS, CHILDREN & PARENTING

CALL 568-9601 FOR FTF PROGRAMS
CALL 616-4900 FOR HEND & WEST PROGRAMS

CAR SEAT SAFETY CHECKS

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

EXPLORE AND LEARN WITH NEIS

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

Fridays - 9:30 & 11:15 a.m.
FTF

Family Education

Call 568-9601 to enroll in Family to Family Classes

MOMMY & BABY YOGA

Moms and babies ages 6 weeks to 1 year.

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

HEND: \$3 per class or eight sessions for \$20

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

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

TODDLER PLAY GROUP

Toddlers 3 and under join Family to Family Las Vegas West for music and movement.

Tuesdays - 10-11 a.m.

WEST

BABIES IN THE BACKYARD!

Ages birth-12 months.

Tuesday, May 19; 10-11 a.m.

FTF

FINGERPAINTS & FINGERPLAYS!

Ages 12-48 months

Friday, May 8; 2-3 p.m.

FTF

HAPPIEST BABY ON THE BLOCK

Learn the award-winning techniques for soothing fussy newborns. Parent kits available for check out or purchase.

Ages prenatal-3 months

Wednesday, May 13; 2-3 p.m.

FTF

HANDY DANDY DADDY

Join Tiny Impressions and make a hand or footprint keepsake for Father's Day.

Wednesday, May 13; noon-2 p.m.

WEST: Plates start at \$30 and up.

WE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

Parents and babies (birth-2 years) learn ASL sign language.

Fridays - June 5, 12, 19, 26; 1:30-2:30 p.m.

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

Saturdays - May 16, 23, 30, June 6; 10:30-11:30 a.m.

Saturdays - July 11, 18, 25, Aug. 1; 10:30-11:30 a.m.

WEST: \$99 (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 3 years old).

Wednesdays - July 8, 15, 29 & Aug. 5; 10:30-11:30 a.m.

HEND: \$82 (includes Pick Me Up kit)

Saturdays - May 16, 23, 30, June 6; noon-1 p.m.

Saturdays - July 11, 18, 25, Aug. 1; noon-1 p.m.

WEST: \$82 (includes Pick Me Up kit)

MAKE THE MOST OUT OF DOCTOR VISITS!

Birth-48 months

Monday, May 25; 2-3 p.m.

FTF

MAKING MUSIC: FOR INFANTS AND TODDLERS

Join City Lights Music Together for songs, instrument play and movement.

Friday, May 29; 11-11:45 a.m.

HEND

Wednesday, June 17; 11-11:45 a.m.

WEST

INFANT PICASSO/TODDLER PICASSO

Ages birth-12 months and 12-48 months

Tuesday, June 2; 10-11 a.m. (infants); 2-3 p.m. (toddlers)

FTF

ABRAKADOODLE™ ART FOR TWOOSIES

Little ones learn self-expression, fine motor and language skills through a variety of artistic mediums. Ages 20-36 months

Fridays - June 5, 12, 19, 26; 3:40-4:30 p.m. (Session 1)

Fridays - July 3, 10, 17, 24; 3:40-4:30 p.m. (Session 2)

WEST: \$56 per session plus \$12 supply fee at first class

DANCING WITH MISS JENNY™

Move to improve gross motor, fine motor and cognitive skills.

Wednesday - June 10 or July 8; 11-11:30 a.m.

WEST: \$10 per class/per child

LOVE & LOGIC- EARLY CHILDHOOD MADE FUN!

Learn practical skills for parenting young children. Five weekly sessions. Adults only.

Wednesdays - June 17, 24, July 1, 8, 15; 4-6 p.m.

FTF: \$25

TODDLERS AND T.V.

Discuss the pros and cons of children's television. Birth-48 months.

Tuesday, June 23; 10-11 a.m.

FTF

BABIES AND BOOKS!

Learn fun tips on and important facts about reading to babies.

Birth-12 months

Tuesday, June 30; 10-11 a.m.

FTF

TODDLER SUMMER SMOOTHIES

Ages 12-28 months

Wednesday, July 1; 10-11 a.m.

FTF

BON APPETITE!

Join us in making tasty baby food that just happens to be healthy.

Birth-12 months

Tuesday, July 7; 10-11 a.m.

FTF

CRAWLERS AND CLIMBER CLUB!

Ages 9-24 months

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

FTF

STRANGER DANGER

Join Miss Tawanda for helpful tips regarding stranger danger with your toddler. Identity kits available. 12 to 48 months

Friday, July 10; 2-3 p.m.

HEND

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

Teen mamas and mamas-to-be join us for dinner, sharing and education. Earn Baby Bucks to shop in the Baby Boutique.

Call 568-9601 for dates and times.

FTF

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$75

(includes Labor of Love Kit) - HEND & WEST

Lamaze - \$100

Hypnobirth - \$125

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)

Prenatal Yoga - \$3 per session

Mommy & Baby Yoga - \$3 per session

Sibling Class - \$20/family

Bellies and Buddies (Pregnant Mom Club) - Free - 2nd Tuesday, 6 p.m.

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 morning

San Martín Campus Maternity Tour - 3rd Saturday

Call 616-4901 to register for the tours.

ONLINE REGISTRATION AVAILABLE FOR FAMILY EDUCATION CLASSES. LOG ON TO: STROSEHOSPITALS.ORG

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Member in the Academy of Cosmetic Dentistry
Member of American Academy of Dental Administration



Faculty Member at the
UCLA Center for Esthetic Dentistry



Sustaining Member
AMERICAN ACADEMY
OF COSMETIC DENTISTRY.



MOUTH GUARDS MATTER

If your child plays a sport in which falls and rough contact may occur, buy him or her a mouth guard.

"Mouth guards are commonly used in football and ice hockey, but more dentists and doctors are recommending them for sports such as basketball, baseball and soccer," says Dr. Patrick Simone, DDS. "Mouth guards not only protect the teeth, they guard the lips, cheeks and tongue as well. They can also reduce the likelihood of suffering a concussion or jaw fracture."

COVER THEIR EYES

You probably cover your children's eyes from graphic scenes on TV that you consider harmful. It is equally important to protect their eyes from the sun's harmful rays during early childhood even though the damage it can cause may not surface until adulthood, says Dr. Rudi Manthei. Buy your kids sunglasses that block both UVA and UVB rays and encourage them to wear them every day, especially between 10 a.m. and 2 p.m., when ultraviolet exposure is the most dangerous.

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

A Child's Medical Home is Her Castle

Each time Robbi Blazzard passes by St. Rose Dominican Hospitals, she starts to chant, “My castle, my castle, my castle,” and her big sister, Ryane, soon chimes in. The mantra is music to their mother’s ears given that the girls have spina bifida, a neural tube defect, which has required ongoing medical care including hospitalizations four to five times each year.

“Spina bifida has affected the girls’ spinal cords, vertebrae, bowels and bladders. It also led to hydrocephalus (water on the brain),” says Michelle Blazzard. “They have gone through several crucial surgeries at St. Rose, and we visit the hospital routinely for testing.”

The Blazzard family chose St. Rose Dominican Hospitals as their children’s medical home for many reasons, according to Michelle.

“The girls’ surgeon, Dr. Waldo Teng (see page 22), the hospital’s nurses and child life specialists are incredibly professional and compassionate and they are always receptive to the input that my husband, Barry, and I have about our daughters’ medical care. They value our insight about Ryane and Robbi, and most importantly, they treat the girls like little princesses,” she says.

Considering that her daughters’ home-away-from-home is a hospital, Michelle feels it is “a tremendous blessing” that Ryane and Robbi see St. Rose as their magical palace. The following KidsCare pages provide important tips for creating a good medical home for your child. **WVC**

Robbi Blazzard and big sister Ryane Blazzard



Giving Your Child a Good Medical Home

Women often have a vision of their “dream home.” They take pride and pleasure in picking paint colors, flooring and furniture in order to turn their house into a comfortable, harmonious haven for their families. Yet when asked, “What does your child’s medical home look like?” many women admit that they haven’t developed clear mental pictures of the ideal setting or scenario for their child’s medical care.

What is a “medical home”?

A medical home is more than just a building or an office. It’s an approach to providing your child continuous quality care from infancy to adolescence. Your child’s medical home can be the place where you most often take him or her for medical care. It might be a pediatrician’s or family physician’s office, a quick care center, a health clinic — or for more seriously ill or disabled children, even a hospital — but like your dream home, it should be a place where you feel comfortable and involved in the decision-making process.

According to St. Rose pediatrician, Dr. Lisa Glasser, creating a medical home for your child should start even before your baby’s birth. Most expectant mothers begin by choosing a pediatrician.

“If you’re pregnant and looking for a pediatrician, ask your OB/GYN, your childbirth instructors or other mothers if they have pediatrician recommendations or call St. Rose’s physician referral service for assistance. Then call the pediatricians you feel might be

a good match for your family to find out if they hold informational interviews or if you can stop by their offices to pick up an information packet,” says Glasser. “Choosing a pediatrician that you have confidence in is important because it is quite likely you will take your baby to medical appointments up to 15 times in their first two years of life.”

Well-check or well-child visits

Once your baby is born, one of the most important aspects of your child’s healthcare is routine well-check (also called well-child) visits.

“Well-check visits provide pediatricians the opportunity to assess a child’s overall health, which can be difficult to do when the child is sick or injured,” says Glasser. “These visits offer parents and pediatricians the chance to discuss a child’s physical, mental and emotional development, ask questions of one another, share concerns and document the child’s medical history.”

Pediatricians also use well-check visits to talk to parents about important safety measures, such as putting covers on electrical outlets before a baby begins to crawl or ensuring that older children wear proper helmets when they go bike riding or skateboarding. As children reach their preteen and teen years, well-check visits provide pediatricians the opportunity to discuss issues related to puberty, peer pressure and self-esteem with them, says Glasser.

Your child’s “home team”

The medical home concept is based on mutual respect and communication, says St. Rose pediatrician, Dr. Kenneth Misch. He often reminds parents that although he has the education and training to provide children safe, effective medical care, parents know their children best.

“Pediatricians will have a series of questions they ask at every well-check visit because a parent’s insight about their child’s eating and sleeping habits, personality, relationships and living conditions provide critical clues needed to best assess and address the child’s health,” says Misch.

If potential health or developmental issues such as asthma, prediabetes, learning difficulties or eating disorders emerge, the medical history that parents and their pediatrician have built together may make it easier to diagnosis and address them in their earliest stages, thereby reducing the number of visits a child needs to make to the doctor’s office, emergency room or hospital. That, in turn, may lower a family’s overall cost of healthcare, says Dr. Misch.

How to create a “medical home”

As appealing as the medical home approach sounds, it may require a great deal of commitment on a family’s part. This is particularly true during tough economic times, when many families do not have healthcare coverage or find that their healthcare benefits — thus their choice of healthcare providers



St. Rose pediatricians
Dr. Lisa Glasser and
Dr. Kenneth Misch



Sam and Charli’s parents,
Lindy and Brian Schumacher
(pictured at left with daughter
Teddi) have chosen St. Rose
Dominican Hospitals as their
medical home. Learn why on
page 21.

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— change often or become more limited as employers seek the most cost-effective insurance plans.

Considering such potential hurdles, Dr. Misch encourages moms to remember that they are the most constant caregiver in their child’s life and that because women make more than 80 percent of a household’s medical decisions, they should take pride in playing an active role in their children’s healthcare.

“I encourage mothers to read all they can about nurturing the health and safety of their children, to keep accurate records of their children’s immunizations and to write down pertinent information about their child’s health and development, along with any questions or concerns they would like to address during their child’s medical appointments,” says Dr. Misch.

As a mother becomes more confident in her role as a key member of her child’s healthcare team, Drs. Misch and Glasser believe she is also better able to picture a medical home for her child that is greatly defined by what she values: a healthcare provider or hospital that she feels comfortable taking her children to, and doctors, nurses and support staff who listen to her insights, questions and concerns, as well as try to understand and appreciate her culture and values.

Additionally, Dr. Glasser points out that certain circumstances, such as medical emergencies or a lack of insurance, may dictate where a child must go for medical treatment. Should this occur, she believes that the mother who has envisioned her child’s medical home is more likely to feel comfortable and empowered to participate in important medical decisions wherever her child receives healthcare. **WGC**

PUT IMPORTANT INFORMATION IN ONE PLACE.

Create a medical home folder for your baby. Jot down notes about your pregnancy and your family’s health history. After selecting a pediatrician and completing new patient paperwork, ask the office staff if they can make a copy for your folder. Use your child’s medical home folder to keep updated immunization records, notes on developmental milestones, questions you want to ask your child’s doctor and helpful articles or educational materials about children’s health and safety issues. Most importantly, take your child’s medical home folder to all of his or her medical appointments.

MAKE SURE MEDICAL INFORMATION MOVES WITH YOUR CHILD.

Selecting a new pediatrician or pediatric specialist for your child? With your permission, your child’s current doctor can send medical files to your new physician and fill the new doctor in on your child’s health history and any chronic conditions. But don’t wait until the last minute — give your current doctor enough time to prepare your files to ensure a smooth transition to your new doctor.

WELL-CHECK VISIT SCHEDULE SAMPLE *

Infancy - 2-3 days, 2 weeks, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months

Early Childhood - 15 months, 18 months, 24 months, 3 years, 4 years, 5 years

6 Years & Older - Every 2 years

**This is a sample schedule based on recommendations from the American Academy of Pediatrics (2000) and the U.S. Preventive Services Task Force (1996). Based on the recommendations of your child’s doctor, your child’s schedule may be different.*

Uninsured?
The Southern Nevada Health District offers free Well-Baby exams. Call (702) 759-1307 for information.

A PHILANTHROPIC PHILOSOPHY AND A PATIENT’S PERSPECTIVE

Lindy and Brian Schumacher chose to give birth to their three daughters — Sam, Charli and Teddi — at St. Rose Dominican Hospitals. It was an educated decision, says Lindy, director of Nevada programs for The Lincy Foundation, one of Southern Nevada’s most prominent philanthropic organizations.

“We wanted the best possible care for our family, and based on The Lincy Foundation’s long-standing relationship with St. Rose Dominican Hospitals, I was familiar with the hospital’s not-for-profit status and its focus on delivering superior care that takes into consideration each patient’s comfort, dignity and spiritual beliefs.”

According to Lindy, The Lincy Foundation supports quality healthcare, particularly for what it considers the most vulnerable members of our community — children and seniors — which is why they made a \$6.3 million donation to the St. Rose Dominican Health Foundation last year. The donation funded St. Rose’s da Vinci® (robotic) Surgical System, an open-heart program at the San Martín Campus, and the addition of Level III Neonatal Intensive Care Unit at the Siena Campus.

After the Schumachers had their first daughter, Sam, they said their decision to return to St. Rose for all their family’s care became even more personal.

“You can make well-informed choices about your doctor and even your choice of hospitals, but as a patient, you can’t necessarily choose your nurses, so we continue to choose the hospital where we believe we will get the best nursing care. That’s St. Rose. The hospital’s nurses are fantastic!”

**DO YOU HAVE A ST. ROSE PEDIATRICIAN?
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DA VINCI® SURGICAL SYSTEM PROVES EFFECTIVE FOR PEDIATRIC UROLOGICAL PROBLEMS

Imagine heading south on the highway for a family getaway only to have eager anticipation turn into utter frustration as traffic backs up just about the time that your daughter announces she needs to go to the bathroom. Minutes seem to turn into hours as you — and your little girl — are stuck without access to an off-ramp or a restroom. As she anxiously squirms in pain, her endless flow of tears seems to be the only thing preventing her from having an accident.

Inconvenience or Infection?

A child who demands repeated potty stops might drive a parent who's behind the wheel a bit crazy, but tiny bladders and too many juice boxes aside, a child's frequent, painful urges to urinate could signal a urinary tract infection (UTI).

According to Dr. Waldo Feng, pediatric urologist, about 8 percent of girls develop a UTI by the time they are 5 years old. UTIs are caused when bacteria enter the urinary tract. Although bacteria aren't normally found in urine, they can enter the urinary tract several ways — one of which is incorrect wiping after a bowel movement.

Another risk factor for UTIs is an anatomical abnormality. About 30 to 50 percent of children who experience reoccurring UTIs are found to have anatomical abnormalities that lead to vesico-ureteral reflux (VUR), the backflow of urine from the bladder into the ureter and up to the kidney. Though VUR doesn't typically cause any pain or

apparent symptoms, the potentially dangerous urinary tract infections that VUR can cause, may.

The One-Way Highway

"The ureter is meant to function as a one-way highway that allows urine to travel down to the bladder," says Dr. Feng. "If a child's ureteral orifice (the opening where urine enters the bladder) is positioned incorrectly, then urine — and the bacteria that cause UTIs — can go against the flow of that one-way highway and travel back into the kidneys, causing infection."

When a child's VUR results in frequent UTIs, their condition must be monitored carefully with treatment recommended on the grade of the reflux. Low-dose oral antibiotics are sometimes enough to prevent recurrent UTIs and give a child the chance to "grow out" of the condition, while surgical reimplantation (also called repositioning) of the ureter is often recommended for more serious cases of VUR.

Highway Obstructions

Another physical abnormality that can cause UTIs in children is an ureteral pelvic junction obstruction.

"Because the ureter functions as a one-way highway, an obstruction in the route from the kidney to the bladder results in the inefficient

The da Vinci® offers numerous benefits over traditional approaches to pediatric urological surgeries, including: significantly less pain, less blood loss, fewer complications, less scarring, a shorter hospital stay and a faster return to normal daily activities.



flow of urine. I compare it to how cars creep along Interstate 15 to California when an 18-wheeler has overturned and obstructed one or two of the southbound lanes,” says Dr. Feng. “We can perform a procedure called a pyeloplasty to remove the diseased segment of the ureter to allow better urine flow to the bladder.”

Robotic Surgery Speeds the Road to Recovery

Ureteral reimplantation and pyeloplasty are complex and delicate procedures, according to Dr. Feng who performs the surgeries utilizing the robotic-assisted da Vinci® Surgical System which offers significant benefits for his pediatric patients.

“During traditional ureteral surgeries, a surgeon must make a 4- to 5-inch incision in the child’s lower abdomen (for reimplantation) or chest (for pyeloplasty) and separate the muscle wall to operate. These surgeries are highly invasive and typically require at least a four- to five-day hospital stay and another 10 days to two weeks before the child can return to their normal activities,” says Dr. Feng. “Using robotic-assisted surgery represents a surgical evolution. The da Vinci® Surgical System uses the dexterity of my fingers to manipulate tiny surgical tools, so I am able to perform these delicate surgeries through three small dime-sized incisions.”

Feng sits at a console in the operating room to perform the pediatric urological procedures. As he looks at and analyzes crisp, real-time, 3-D video images of the surgical site and anatomy at 30 times magnification, he manipulates hand controls that precisely interpret each subtle movement of his wrists, hands and fingers.

“It’s as though my hands are actually inside the patient, yet I’m working through a tiny surgical opening, which means there is less scarring, less bleeding and less trauma to the child’s body overall. Children are usually able to go home the day after surgery and are back to school, play and socialization in just two to three days,” says Dr. Feng. “The most important point about the da Vinci® Surgical System is that we are able to perform proven surgeries — ureteral reimplantation and pyeloplasty — in a more effective, less invasive manner for small children. It is rewarding to make the road to recovery much faster and far less painful for kids.” **WC**



DO YOU HAVE A ST. ROSE PEDIATRICIAN?
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Dr. Waldo Feng,
pediatric urologist

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Dr. John Trautwein
with patient and
pediatric nurse

Do Children Get Sicker at Night? "It may seem as if your child has a knack for getting sick late at night when your family is exhausted and your pediatrician's office is closed," says Dr. Trautwein. "Unfortunately, symptoms of asthma, earaches and croup tend to worsen at night." The pain of an earache is likely to worsen at night because lying down increases the amount of fluid collection and puts increased pressure on inflamed ear tissue.



You and Your Child's ER Visit

Your child is sick or injured and needs emergency medical care. You've rushed into an emergency room. Now what do you do? Dr. John Trautwein, director of the pediatric emergency department at St. Rose Dominican Hospitals — Siena Campus recommends the following:

Stay calm. It may seem impossible to stay cool, but if you remain calm, your child is likely to be less anxious and less uncomfortable.

Speak up. Be very clear about why you consider your child's condition an emergency. If you are asked to wait, but you feel you need to be seen immediately, ask if there is a triage nurse available to assess your child's condition.

Stay involved. Keep in mind that while a hospital emergency room is full of highly-trained medical professionals, you are your child's No. 1 healthcare advocate. Ask questions, calmly voice any

Siena Campus Pediatric E.R. – Open 24/7. There is no good time for a child to suffer from the pain or discomfort of an illness or injury. That's why the Pediatric Emergency Department at St. Rose Dominican Hospitals — Siena Campus is open around-the-clock, seven days a week to provide children — and their parents — specialized care in a reassuring, family-friendly environment.

concerns you have and take notes so you understand the treatment taking place and what medical procedures or prescriptions are recommended for your child.

Ask about pain management options. Stitches, intravenous needles and blood draws can be frightening and painful, so ask about age-appropriate pain management options before someone performs a procedure on your child.

Understand your marching orders. If your child is treated and released from the hospital, make sure you know what you should do to care for your child at home. Find out if you need to pick up a prescription immediately, whether you should make an appointment with your pediatrician or a pediatric specialist and what you should do if your child's condition does not improve or gets worse once you've left the hospital. **WC**



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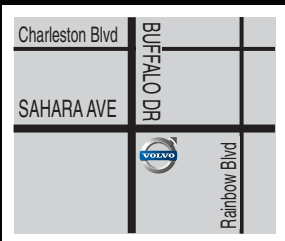
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Debi Walsh (left center) and Kathy Cooper (right center) are making a difference daily in the lives of sick kids.



A Playful Prescription

A hospital can be an unfamiliar and uncomfortable place for a child, but are bubbles, teddy bears and board games the prescription for minimizing pain and anxiety among pediatric patients?

According to the American Academy of Pediatrics' position paper on child life services published in 2006, there is evidence that trained child life specialists may lessen medical costs by reducing the length of hospital stays and the amount of analgesics necessary to effectively treat pediatric patients. The paper also states that consumer feedback confirms the positive effects of hospital child life programs on children, families and staff.

St. Rose's certified child life specialist, Kathy Cooper, says that she uses teaching and age-appropriate play to establish a positive rapport with pediatric patients.

"Toys, games, music and movies can take a child's focus off of their pain and anxiety. I also use them as icebreakers," she says. "Once a child feels comfortable talking to me about what he or she likes, I am more likely to learn about their fears or misconceptions about being sick and in the hospital."

Children sometimes associate pain with punishment and also may make scary assumptions about things they don't understand, says Kathy.

"An anxious child who hears a monitor go off or notices their IV bag is near its last drip may assume the worst, so I use medical play to help children understand their illness, the machines they might be hooked up to and tests and treatments."

Kathy is available to:

- Provide pre-admission hospital tours
- Ease a child's fear and anxiety through medical, therapeutic and recreational play
- Explain medical procedures in terms children can understand and accept
- Provide nonmedical preparation and support for children undergoing tests, surgeries and other medical procedures
- Foster an environment of family-centered care that attends to the needs of pediatric patients, their parents, siblings or others who are affected by the child's illness or trauma
- Support families confronting grief and bereavement issues **WC**



A MIRACLE IN THE MAKING

Each day that Debi Walsh comes to work at St. Rose Dominican Hospitals is a medical miracle in the making, even though she's not a doctor and doesn't play one on TV. Debi is the director of Children's Miracle Network for Southern Nevada, and she uses her contagious energy and "we can do it" work ethic to encourage local businesses and organizations to hold fundraisers such as golf tournaments, car washes and pancake breakfasts to benefit the neonatal and pediatric units at St. Rose.

Debi's favorite annual fundraiser is Children's Miracle Network's paper balloon drive because, she says, "We raise hundreds of thousands of dollars just \$1 at a time. It is a great testimony to how anyone can take part in making a child's medical miracle come true."

Keep your eyes open for Children's Miracle Network's \$1 paper balloons, which are sold at Costco, Wal-Mart, Auntie Anne's Pretzels, Sam's Club, Green Valley Grocery and other retailers during May, June and July. Children's Miracle Network is a national nonprofit organization and all funds raised in Southern Nevada support the pediatric and neonatal units at St. Rose Dominican Hospitals.



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Fabulous at 50:
Adrienne

DEFINING A NEW “NORMAL”: A Positive Approach to Life’s Second Half

Adrienne O’Neal possessed an easy, breezy beauty in her twenties and thirties. People took notice of her whether she was at work or simply walking down the street.

Adrienne’s closest girlfriends would tell you that “Yo” hasn’t changed a bit over the decades; however, she remembers the day that she felt she had. Walking through a shopping mall, sandwiched in between her two lovely stepdaughters, she realized that as heads turned, it wasn’t her that the strangers were noticing. Later, when she and her stepdaughters went to lunch, the hostess looked past Adrienne and asked the two younger women where they preferred to sit. The words invisible and irrelevant crossed her mind, and Adrienne held back the words “chopped liver” when the waitress asked for her order.

Not one to lament her age, Adrienne took stock of how the day’s events made her feel. She realized that there were numerous aspects of aging that she was uncomfortable with and took it upon herself to become more educated and in tune with the aging process. As Adrienne moved closer to her fifties, she carved out a niche in her marriage and family therapy practice to help other women address aging proactively.

“A woman in her twenties and early thirties is busy creating the life she wants. Her goals might include college, career, marriage, children and a home,” she says. “The caveat is that as she achieves her goals, she will likely spend much of the following two decades meeting the wants and needs of others — employers, spouses, children, and often, aging parents. It’s during this time that the aspects of aging can creep up on her.”

Adrienne says that while a woman may complain about her first wrinkle or two, she may go about her busy life overlooking issues that aren’t related to her appearance, such as achy joints, ongoing fatigue or forgetfulness until she realizes that she doesn’t feel like the woman she once knew.

“As women age, physical and emotional changes often intertwine and for some women, those changes can be dramatic,” she says. “It’s not uncommon for women to say that they don’t feel ‘normal’ — like they’re just going through the motions without the sense of purpose, excitement or self-esteem they once had.”

Adrienne believes the trick to maintaining internal and external effervescence is not to give in to aging but to understand gerontology — the process of physically, mentally and emotionally aging, which is not to be confused with geriatrics, which relates to conditions and diseases of the elderly.

“Aging isn’t necessarily easy, but women can learn how to make midlife a positive experience by redefining their own sense of ‘normal’ and nurturing the second half of their life,” she says. **WC**

JOIN ADRIENNE FOR WOMEN’S WISDOM: TOO YOUNG TO FEEL THIS OLD. SEE PAGE 11 FOR DETAILS

Seven Steps to Aging

1. Learn about and prepare yourself for each stage of the aging process.
2. Find healthcare providers, e.g., an OB/GYN or an internist, who listen and help you address issues related to aging.
3. Keep current on health exams and screenings.
4. Stay physically active by getting routine aerobic and weight-bearing exercise.
5. Cultivate healthy relationships and stay connected with positive people.
6. Challenge yourself to try new things, e.g., learn a language, travel, volunteer —or try dragon boat racing (see page 5).
7. Remember that life is not about the destination but the journey!

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The Simple Beauty of the DAISY Awards

St. Rose is proud to partner with the DAISY Foundation to celebrate excellence in nursing.

The DAISY Foundation and awards were established by the family of the late James Patrick Barnes because they were awed by the care that Patrick received from his nurses throughout his illness. The Foundation realizes the need for qualified, caring nurses and recognizes nurses for their compassion and clinical skills.

Each quarter, a number of St. Rose nurses receive the DAISY Award for going beyond the call of duty as patient advocates and collaborative team players.

WomensCare magazine chose to highlight DAISY Award winner Debbie O'Donnell, R.N. in honor of her work at home and at the hospital as we celebrate Mother's Day and National Nurses Week in May.

A DAISY FOR DEBBIE!

Kids, caring and compassion are all second nature to Debbie. She gave birth to five daughters by the time she was 28 and got an unofficial crash course in healthcare when, over the course of just a few short years, three of her daughters were diagnosed with juvenile diabetes (Type 1).

Accu-checks, syringes and alcohol swabs were plentiful at Debbie's home as she worked closely with pediatricians to learn how to perform finger sticks and give insulin injections. She also became an advocate for children and families affected by Type 1 diabetes.

Debbie officially entered nursing school when her youngest daughter began middle school and after earning her nursing degree, she came to work in St. Rose's pediatric department. St. Rose became Debbie's own "medical home" a few years later when she was diagnosed with stage III breast cancer.

Although her condition was serious, Debbie, a chemo-certified nurse, went through her treatment on her days off so she could continue to care for her pediatric patients. Tending to the needs of young cancer patients proved therapeutic for Debbie, and she recently celebrated her second anniversary of being cancer-free.

In a letter Debbie's co-workers wrote about her, they said: Debbie is the mom all kids feel warmly mothered by; the woman anyone would be blessed to call their best friend; the colleague you want at your side when dealing with critical pediatric situations; and the nurse every mother and father want in the room when their child is hospitalized. **WC**

Debbie O'Donnell, R.N.





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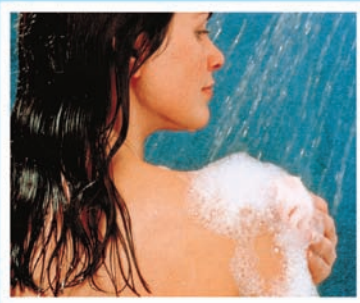
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