

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

SUMMER 2009 • ISSUE 42

**MARIE
OSMOND
SPEAKS UP
YOU CAN, TOO!**

**THE ROSE
REGATTA
– PADDLE
FOR A
PURPOSE!**

**10TH
ANNIVERSARY
EDITION**

**REAL MEN
(AND WOMEN)
GET TESTED**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW





**Support Breast
Cancer Awareness!
September 25th - October 31st**

**Reserve Your Pink Ribbon Badge
Clip TODAY!**

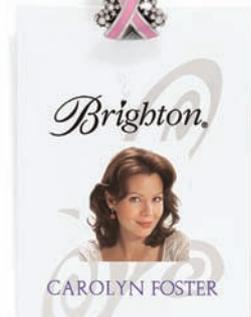
This Limited Edition ID Holder is a stunning piece of jewelry surrounded by "new life"- budding blossoms with tiny Swarovski crystals.

This is the perfect accessory for the office, schools, hospitals and a great reminder to get regular check-ups.

\$40 While Supplies Last



*Shown: Carolyn Soft Handbag \$275; Love Pouch \$54;
Kimball Bouquet Bag \$175; First Kiss coin pouches \$48 each*



**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**

letter

FROM THE PRESIDENT



Dear Readers,

Welcome to the 10th anniversary issue of the WomensCare magazine! When we set out to create a publication to underscore the educational and community outreach efforts of St. Rose and The Barbara Greenspun WomensCare Centers of Excellence, our staff proposed a health-oriented magazine with a dose of what they termed “Oprah appeal.”

During the past decade, our staff has watched Oprah develop a WomensCare-type flair on her show and in her magazine. That’s not to say that she has patterned either medium after our efforts. It simply means that she more frequently uses both as forums for discussing health issues. Her segments featuring Dr. Mehmet Oz, for instance, became wildly popular.

During Dr. Oz’s final appearance on Oprah this past season, he shared a crucial bit of wisdom that bears repeating: “The medicine is in the message.” In this issue of WomensCare magazine, you’ll find an article that drives that point home. It’s the story of a man who was motivated to ask his doctor about colon cancer screening after hearing a public service message sponsored by the Centers for Disease Control.

In this media-driven age, there are many reliable sources for health and wellness information readily available to you. We hope that you consider our WomensCare Centers — and this magazine — to be among them; yet, regardless of where you turn for such information, please talk to your physician or specialist about health and wellness topics of relevance to you. Your doctors know you and, therefore, can individualize healthcare information to meet your unique healthcare needs.

Rod A. Davis

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



coverstory

MARIE OSMOND

Marie Osmond’s days — and nights — are full. There are meals to be made, homework to help with, interviews to handle and, of course, a show to do five nights a week at the Flamingo Las Vegas. In the midst of it all, Marie is finding the time to give some much-needed attention to something that she often puts last: her own health. Learn why on page 4.

As we celebrate the 10th anniversary of the WomensCare magazine, St. Rose Dominican Hospitals and The Barbara Greenspun WomensCare Centers of Excellence would like to thank Marie Osmond and all of our past cover models — for allowing us to share their stories in the interest of promoting good health.



PET BLESSING

Join us in celebration of the feast day of Saint Martin de Porres, who was known to have shown great affection for all living creatures. Bring your pet for a special blessing, treats and fair. Sunday, Nov. 1; 1-3 p.m. San Martin Healing Garden

SEARCHING FOR MORE HEALTH NEWS INFORMATION?

St. Rose’s My Healthy Newsletter™ is a free e-health newsletter service that delivers news on the health topics of your choice. Subscribe at strosehospitals.org.

WOMENSCARE CENTERS

Director: Holly Lyman

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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.



St. Rose Dominican Hospitals

A member of CHW



Left: Marie Osmond's *Paper Roses* album cover. Right (top): Marie sings to St. Rose's Children's Miracle Network kids at the hospital's 52nd annual Mardi Gras Ball. Right (bottom): Marie holds her "Flamingo Belle" showgirl doll at a Susan G. Komen for the Cure function.

What a Voice!

Multitalented Marie Osmond has had a willing audience since appearing on "The Andy Williams Show" at the tender age of 3. By age 14 her first single as a solo artist, *Paper Roses*, became a No. 1 country hit and reached the top 5 on the *Billboard* magazine pop chart. As the multitalented little girl matured into a woman and then a mother, she has used her voice along with her infectious smile to speak up about issues of importance to her and other women.

Marie, for instance, helped found Children's Miracle Network in 1982. Today, it is the largest children's charity in the world, having raised more than \$3.4 billion. She was also the first celebrity to write a book about postpartum depression (PPD). Her bestseller, *Behind the Smile: My Journey out of Postpartum Depression*, gave other women who were suffering in silence after childbirth the courage to talk about and seek help for PPD.

Today, Marie — singer, actress, author, doll designer and doting mother — takes a bit of every day to address her own health needs. *WomensCare* asked Marie to tell our readers why.

WC: You renewed your focus on your health a few years ago. What influenced you to do so?

Marie: My mother was physically limited to a bed or a wheelchair for the last years of her life due to a massive stroke. Her mind, though, was still sharp so I would sit by her bed and work on sewing or craft projects while she directed! We had long talks about raising children, spirituality and new business ideas.

It wasn't easy to see my mother's youthful spirit trapped in her worn-out body. One evening, as I bent toward her to kiss her good night, she said, "Marie, don't do what I did. Take care of yourself."

I knew her message to me was important. She didn't want me to have the same regret. Women of my mother's generation spent much of their time taking care of everyone else, both physically and emotionally.

Their own health needs often came last. I knew I had to focus on getting my own overall health back on track, especially as a single mom of eight. I needed to take care of myself to be there for my own family. How many hundreds of times do I wish my mother were still here to give me more wise advice? I miss her.

WC: You've also said that your son motivated you to take better care of yourself? What did he say?

Marie: Both of my parents and my grandmother had heart disease. After my mom died, my oldest son, Stephen, expressed concern that my busy life and weight gain were putting me at risk, too. It really pulled on my heart strings. I took his worries seriously and began working to improve my overall health.

WC: Were you troubled or upset about your weight?

Marie: The pounds added up gradually over eight years, so I didn't notice exactly how much weight I had gained. I was too busy caring for my parents, raising my kids and supporting them as a family breadwinner. With all that stress, I guess I ate too much bread along the way. Okay, ice cream was, and still is, my true weakness!

WC: How has achieving a healthier weight improved your overall health?

Marie: I'm breathing much easier! Donny and I perform at the Flamingo showroom five nights a week. At least 40 minutes of each show is very physically active. If I still carried the extra 50 pounds I lost, I honestly don't think I could do this show. I'm a small-framed person, so at my heaviest weight, I was having a hard time catching my breath while just walking and singing at the same time. There was no way I could have danced, too.

My knees sent me a thank you note for losing weight, as well! For three years, I thought my knees were absolutely done for because of getting older and there was nothing I could do about it. It wasn't

true! Now, when I hear a “snap, crackle and pop” I know it’s my kid’s breakfast cereal and not my knees!

My involvement with NutriSystem® has played a part in helping me achieve a healthier weight, but while the advertisements state how much I lost, my focus is on my total health. I don’t keep a scale in my house, and I don’t want my daughters, or even my sons, to become concerned about the numbers, either. I want them to think about their health.

WC: You were the first celebrity to write a book about postpartum depression. What type of response did you get from people who read *Behind the Smile*?

Marie: I wrote *Behind the Smile* to give other women some of the information and encouragement that I wish I had been given when I went through postpartum depression. Women have a tough expectation to live up to in this country regarding childbirth. After childbirth, women are often emotionally exhausted and physically worn-out but soon must go back to their lives and care for an infant that needs constant attention. And, women are told, “This is the happiest time of your life.” What isn’t taken into consideration often enough is the massive hormonal shift women go through after giving birth. If the hormones don’t bounce back to normal as they should within the first week, a woman can experience PPD. This is what happened to me. My progesterone levels were near the zero count for months before it was discovered through a simple test. Progesterone is thought of as a “happy hormone,” so if there’s none, you’re going to get blue. There are a number of other causes to PPD besides hormonal, but they are all treatable.

My PPD was a true hardship, but it’s said that “in every problem is a blessing.” I’ve been extremely touched by the thousands of e-mails I’ve received from women who have said “thank you” for helping them, and even their families, understand what they were experiencing.

WC: Your second book was on *The New York Times* bestseller list for seven consecutive weeks earlier this year. What can you tell our readers about it?

Marie: After the success of *Behind the Smile*, I was asked to write a full autobiography. I told the publisher, “Not yet. I’m only ‘half dead!’” So I chose to write a book all about attitude. I laugh a lot because I realize that while we can’t always change our circumstances, we can change our attitude toward them. The response to *Might As Well Laugh About It Now* has been huge and so much fun for me. I did a book signing tour in April and each signing lasted about five hours. Let’s just say that I love to talk to people.

WC: You live just a few miles from St. Rose Dominican Hospitals, the home of Children’s Miracle Network in Southern Nevada. Did you ever expect that the charity you co-founded in 1982 would grow to help 17 million children a year?

Marie: The co-founders and I first wrote out the idea for Children’s Miracle Network on a yellow legal pad. We were in my brother Alan’s kitchen eating lunch. I believe the idea grew so rapidly because it was the first charity to really offer help for all childhood medical causes, whatever the problem might be, disease or injury, birth defects or premature birth.

WC: There are so many wonderful children’s charities today, what continues to make Children’s Miracle Network so special?

Marie: I think the true miracle behind this nonprofit organization is that it allows a community like Las Vegas to bond together to support



children with the reassurance of knowing that every dollar — 100 percent of the funds — raised will stay right here to help the children who are your neighbors.

WC: Can you tell us about a special moment you recently had with your kids?

Marie: All of my kids are doing well. Of my eight kids all except the two oldest, who are both older than 21, live here with me. It’s rewarding to me to watch each of their accomplishments. My youngest, Abigail, just graduated from kindergarten. She performed in her class show, “Stone Soup.” Being an avid reader, like her mom, she had all of her lines down pat ... and everyone else’s, too! She was giving all the other kids their cues. What can I say? The apple doesn’t fall very far from the tree.

WC: We’re doing a story on favorite expressions (see page 31). Do you have a favorite expression?

Marie: Would “Whose turn is it to empty the dishwasher?” count? It’s something I say every day. **WC**

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.
Thank goodness for the new Pillar[®] minimally invasive snoring implants!

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)

999 Adams, Suite 104
(Boulder City ENT only)

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

Same day appointments available • Se Habla Español

IS IT POSTPARTUM DEPRESSION?

Even women who are tickled pink about getting pregnant may feel blue after giving birth. As many as 50 to 75 percent of women experience the “baby blues” a few days after delivery. Most women can overcome the symptoms, such as trouble sleeping, mood swings, sadness, bouts of crying and anxiety, if they get rest, reassurance and assistance with caring for their children and completing household chores. About 10 percent of women will develop a more severe and longer-lasting condition called postpartum depression, which can develop any time during the first year after giving birth.

If you are a new mom, call your physician if:

- Symptoms (such as those listed above) persist for more than two weeks
- Symptoms of depression get more and more intense
- Strong feelings of sadness or anger come on one or two months after delivery
- It is hard to cope with every day tasks and situations
- You cannot care for yourself or your baby
- You have thoughts of harming yourself or your baby, you are unable to function normally or you can't cope with everyday situations

If you think you have postpartum depression, talk to your physician and ask:

- About the causes of postpartum depression
- If hormonal and thyroid testing is right for you
- What self-care steps you and your family can take to reduce your symptoms of postpartum depression
- What treatment options are recommended for postpartum depression

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

Q

If you are overweight or obese, ask your doctor the following:

- How severe is my weight problem?
- What impact can my extra weight have on my health?
- How much weight should I aim to lose, and can you recommend a goal-setting plan?
- What kind of diet do you recommend for me?
- Should I join a weight-loss program?
- Should I consider weight-loss medications?
- Is it safe for me to exercise? What type of physical activity level and frequency do you recommend?
- What if I lose weight and put it back on again?
- Should I consider gastric bypass surgery?

THE TRUTH ABOUT FAT PANTS AND SKINNY JEANS.

Being overweight or obese can increase your risk for developing diseases such as diabetes and heart disease, but you don't have to starve yourself into your skinny jeans to improve your health.

According to research, positive lifestyle habits, such as eating a healthy diet, being physically active on most days of the week and losing just 7 to 10 percent of your body weight may help prevent — or possibly reverse — medical conditions such as diabetes, high blood pressure, high cholesterol or sleep apnea.

SPEAK UP!

Have you ever walked out of your healthcare provider's office — or had the healthcare provider walk out of your hospital room — without a clear understanding of what you were just told about your illness or injury? Have you ever wondered if a busy healthcare provider has had time to stop and wash her hands before providing you treatment? Have you ever wondered if an expensive test ordered for you is really necessary?

When it comes to your healthcare, one of the most important things you can do to influence the quality of care you receive is to speak up and ask questions.

Following is a quick list of ways you can use your voice to influence your health and healthcare:

Speak up about your symptoms, questions and concerns. Ask questions if you do not understand your healthcare provider's explanations or instructions.

Pay attention to the care you get. Ask your healthcare professional to double check medicines or treatments before administering them to you and to explain why medications or treatments are necessary.

Educate yourself about your illness by asking questions about it and the recommended tests and treatment plans for curing or managing it.

Ask a trusted family member or friend to be your advocate if you don't understand your insurance, if you feel your concerns are not taken seriously or if you are too ill to advocate on your own behalf.

Know what medicines you take and ask your physician and pharmacist why you should take them. Also ask questions about whether over-the-counter medicines are right for you. Medicine errors are the most common healthcare mistakes.

Use a hospital, clinic, surgery center or other type of healthcare organization that has been carefully inspected and rated. For example, The Joint Commission on Accreditation of Healthcare Organizations visits hospitals to see if they are meeting stringent quality and safety standards.

Participate in all decisions about your treatment. You are the center of your healthcare team!





this is
the face
I was
given.

The years have
taught me to accept it.
Jason Michaels
taught me to love it.

Your custom skin renewal plan is
created and administered by Jason
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certified dermatologist focused solely
on cosmetic procedures. Schedule a
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JASON MICHAELS M.D.



*Dr. Michaels was named one of Vegas' Image Makers by Vegas Magazine
and has a live segment twice a month on Fox 5's MORE show as the skincare expert.*

Becoming a Healthcare Advocate

Norhi Folsom found her “healthcare voice” when she sensed something was wrong with her newborn son, Dylan.

“I was very concerned about Dylan because he had horrible stridor* and he would routinely arch his back as if he was in pain. He also pulled away from my breast and cried inconsolably after feedings. I worried that he had acid reflux,” said Norhi. “I took him to his pediatrician several times and was repeatedly told it was nothing to worry about and that he would soon outgrow the symptoms.”

Norhi began to doubt her own maternal instincts until she visited the WomensCare Center for breast-feeding support and a lactation consultant also noticed Dylan’s symptoms. Norhi shared her concerns about Dylan’s health with the consultant and the diagnosis the pediatrician had made based on brief observations of her son.

“The consultant confirmed what I knew in my heart,” said Norhi. “I needed to take a stand as my son’s healthcare advocate and ask his pediatrician to test him for acid reflux or seek a second opinion.”

The following day, Norhi returned to the pediatrician with Dylan, her husband, her questions and a list of his symptoms, which mirrored those of acid reflux. She presented her case and her husband reiterated their belief that Dylan should be tested. The physician ordered tests, and the results validated Norhi’s concerns — Dylan had severe acid reflux — and might also suffer from another condition that was far more serious. Further testing confirmed that the blood vessels coming from Dylan’s heart formed a ring capable of constricting his esophagus and trachea. Weeks later, he underwent surgery for the rare condition, which typically

isn’t diagnosed in children until they are 3 to 5 years old.

“My family’s story is not about placing blame, demanding antibiotics for a runny nose or trying to play a diagnostician after watching a few episodes of *House*,” said Norhi. “My son’s pediatrician was well-trained, capable and taking a conservative approach to what may have appeared to be colic. However, as my child’s primary caregiver, I observed behaviors and symptoms that weren’t as apparent in a quick office visit. It was my responsibility to speak up and take a central role in my child’s health in order to get him the care he needed.”

Norhi now encourages family members and friends to actively advocate for their healthcare needs and the needs of their loved ones.

“I’ve learned that our healthcare system is complex. Healthcare professionals do their best considering the limited time they have with patients and the limits many insurance plans place on the type of care we receive. But we can’t just let healthcare happen to us; we need to become our own healthcare advocates.” WC

Don’t assume that no news is good news. If you or your child go for medical tests, always ask how and when you should get your test results, as well as where you can call if you don’t receive results by the indicated time or date.



Norhi Folsom and son, Dylan

***STRIDOR** is an abnormal, high-pitched breathing sound caused by a blockage in the throat or voice box (larynx). It can usually be heard when a child breathes in (inhales), often after coughing. Stridor is different from wheezing, which is caused by narrowed airways in the lung and usually heard when a child breathes out (exhales).

MAINTAIN YOUR IMAGING. Keeping a history of all your imaging tests (e.g., X-rays, MRIs, CT scans) may help you avoid unnecessary repeat testing which can reduce your medical bills and radiation exposure.

august · september · october

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

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HEALTH & WELLNESS

SENIOR PEER COUNSELING

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

BREAST CANCER SUPPORT

Floating Support Group: 4th Monday - 6-7:30 p.m., Lake Las Vegas Dragon Boat Pink Paddlers.
Speaker Meetings: 2nd Monday - 6 p.m.
Monday, Aug. 10 - Fitness for Life, Jeannine Mason
Monday, Sept. 14 - Herbs and Healing, Nicole Carter
Monday, Oct. 12 - BSE & Prosthesis Overview
HEND

TRANSITIONS

Over 50? Get help navigating life changes related to retirement, marital status, family issues and health concerns.
1st Tuesday - Aug. 4, Sept. 1, Oct. 6; 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 - Aug. 7, Sept. 4, Oct. 2; 6:30-8:30 p.m.
HEND

LAUGHTER CLASS

Join Linda Gardner, certified laughter leader, to laugh your way to good-hearted living.
2nd Wednesday - Aug. 12, Sept. 9, Oct. 14; 6:30-8 p.m.

RELAXATION MEDITATIONS

Practice techniques that promote peace and good health.
Thursday, Aug. 13; 6-7 p.m.
Monday, Sept. 21; 6-7 p.m.
Thursday, Oct. 29; 6-7 p.m.
HEND

NOURISH YOUR SOUL

Join Susan Provost for enlightening topics and a cup of tea.
Tuesday, Aug. 25; 1:30-3:30 p.m. - Don't Let Fear Interfere With Your Life
Tuesday, Sept. 29; 1:30-3:30 p.m. - Living In The Present - Why Are You Here?
Tuesday, Oct. 27; 1:30-3:30 p.m. - Learning To Be Positive In A Negative World
HEND

KNIT TO HEAL

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!
2nd and 4th Thursdays - Aug. 13 & 27, Sept. 10 & 24, Oct. 8 & 22; 10:30 a.m.-noon
Learn to knit or crochet!
HEND
Thursdays - Aug. 13 & 27, Sept. 10 & 24, Oct. 8 & 22; 1-3 p.m.
WEST

PADDLE PAINTING

Get creative and paint a paddle for a purpose. Paddles will be displayed at our Rose Regatta, Oct. 10, at Lake Las Vegas. A \$40 donation to the R.E.D. Rose Program.
Friday, Aug. 14 & Sept. 11; 5-7:30 p.m.
HEND: \$40 (includes materials)
Friday, Aug. 21; 1-3:30 p.m.
Friday, Sept. 18; 3-5:30 p.m.
WEST: \$40 (includes materials)

LABYRINTH MEDITATION PROGRAMS

Find peace, clarity and creativity through themed walks and activities.
Friday, Aug. 21; 6-7 p.m. - Releasing Worry
Friday, Sept. 18; 4-5 p.m. - Gratitude
Friday, Oct. 30; 3-4 p.m. - Day of the Dead Celebration
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



SummerCalendar

of classes and upcoming events

BALANCING ENERGY FIELDS

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

2nd Tuesday – Aug. 11, Sept. 8, Oct. 13; 6:30-8:30 p.m.
WEST

TEA & TALK BOOK CLUB

Call 616-4900 for monthly book titles.

3rd Thursday – Aug. 20, Sept. 17, Oct. 15; 2:30-3:30 p.m.
HEND

MENOPAUSE SUPPORT

Monthly speakers, updates and support; Liz Waggoner, MS

3rd Thursday – Aug. 20, Sept. 17, Oct. 15; 6-7:30 p.m.
HEND

MUSIC FOR THE SOUL

Monthly concert series with Judith Pinkerton.

1st Thursday – Aug. 6, Sept. 3, Oct. 1; 3-5 p.m.
SAN

THE ART OF ASSERTIVENESS

Join Dr. Lindsey Riccardi and learn to ask for what you need, to say no and to express yourself to improve your relationships.

Tuesday, Sept. 22; 6-7 p.m.

GIRL TALK

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

Thursday, Sept. 24; 6-7 p.m.
HEND

MEDICARE ABCD'S

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

Tuesdays – Aug. 11, Sept. 8 or Oct. 13; 9-10 a.m.
HEND

PLANNING AHEAD

Join Davis Funeral Home to review the importance of planning ahead and the steps that need to be taken.

Wednesday, Sept. 9; 1-2 p.m.
HEND

USE YOUR VOICE FOR RELAXATION

Relax through breathing, humming and toning with Judith Pinkerton, music therapist.

Wednesday, Sept. 30; 6:30-7:30 p.m.
WEST

HELP HELPING HANDS!

Needed: Volunteers to drive Henderson seniors to doctors' appointments, errands and grocery shopping. Call 616-6554 if you can help.

CORPORATE WELLNESS & EVENTS

St. Rose's Corporate Wellness Program provides preventive health programming (employee health fairs, health screenings, consultations, seminars and presentations) to help employers improve the health of their workforce. Call AI Medina at 492-8116 for more information.



EXERCISE & FITNESS

DRAGON BOAT

Beginner classes, open practice, join a team, call 616-4910.

VEGAS STRETCH — NEW!

Smooth moves to smooth jazz – low impact cardio focusing on balance, coordination, core, strength and fun!

Wednesdays – 10-11 a.m. with Jeannine
HEND: \$8 per session or five sessions for \$30

BIKE CLUB

Wednesday night rides all welcome, no one will be left behind.

Every Wednesday, 5:30 p.m.

Hosted by the Bike Shop at 2570 Wigwam Parkway, 897-1618

ZUMBA LATIN FITNESS

Fridays – 9:30-10:30 a.m. with Diane

Saturdays – 9-10 a.m. with Linda
HEND: \$5 per session or five sessions for \$20

Mondays – 6:30-7:30 p.m. with Lucy
Thursdays – 6-7 p.m. with Lucy

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

BEGINNER YOGA

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

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

BELLY DANCING

3rd Saturday – Aug. 15, Sept. 19, Oct. 17; 10-11:30 a.m.

with Linda

HEND: \$5

2nd Saturday – Aug. 8, Sept. 12, Oct. 10; 10:30-noon

with Goldie

WEST: \$5

WALK THIS WAY: WALKING CLUB

Mondays & Thursdays – 8:30-10 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

Tuesdays & Thursdays – 10-11 a.m. with Jeannine

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

BEGINNER PILATES

Wednesdays – Starting Sept. 2; 11:15 a.m.-noon

with Janice Staffel

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 five 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



HERB DAY

SATURDAY, OCT. 3; 10 A.M.-4 P.M.

Celebrate herbs with Nicole Carter. Free gifts for the first 100 attendees.

Lectures

10:30 a.m. – Handmade Herbal Incense

10:30 a.m. – Herbal First Aid

Noon – Composting

Noon – Foods That Heal

1:30 p.m. – Tealicious & Tealightful

1:30 p.m. – Herbal Gardening

3:00 p.m. – Five Must-Have Essential Oils

3:00 p.m. – Labyrinth Meditative Walk and Drumming

3:00 p.m. – Herbs for pets

Educational booths, massage, reflexology and tea sampling. Herb Day lunch, \$4 in the Cafe.

SAN: Healing Garden & Aljian Conference Center
RSVP 616-4910.

SPONSORS:



august • september • october

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



BABY BONANZA

Round up the family to enjoy a day of health and safety resources, education and fun! Sign up for a physician lecture or enjoy the interactive booths and demonstrations in the healing garden. Activities include car seat safety checks, kids in the kitchen, face painting, crafts and photos in our mini pumpkin patch.

Lectures (seating limited, please register at 616-4900)

11:00 a.m. – Good Night Sleep Tight — Learn Sleeping Strategies presented by Dr. Lipscomb

Noon – Food and Environmental Allergies presented by Dr. Sean McKnight

1:00 p.m. – Parenting with Love and Logic presented by Family to Family Connection

Demos

10:30 a.m. – Gymboree Playtime

11:00 a.m. – Baby/Toddler Sign

11:30 a.m. – Baby Wearing

Noon – Halloween Costume Contest

1:00 p.m. – City Lights Music

1:30 p.m. – Dancing with Miss Jenny

Saturday, Oct. 24; 10 a.m.-2 p.m.

Siena Campus, Healing Garden & Conference Center

TAI CHI

Join Stella Huang to learn the Chinese martial art that creates balance and a sense of well-being.

New Beginner - Wednesdays - 3:30-4:30 p.m.

Beginner I - Wednesdays - 2:30-3:30 p.m.

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

Intermediate - Tuesdays - 1:30-2:30 p.m.

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

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

Beginners - Thursdays - 9-10 a.m.

Advanced - Thursdays - 10-11 a.m.

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



NUTRITION

WEIGHT WATCHERS®

Is your weight affecting your health? Many serious health problems, from diabetes to heart diseases to osteoarthritis, can be made worse by excessive weight. Enroll in a free open house to learn how Weight Watchers® can help you meet your weight loss goals.

Tuesdays, Aug. 18 (free open house) through Oct. 27; 6-7 p.m.

WEST: 10 weeks \$120

Wednesdays, Aug. 26 (free open house) through Nov. 4; 9-10 a.m.

HEND: 10 weeks \$120

Tuesdays, Sept. 9 (free open house) through Nov. 18; 6:30-7:30 p.m.

MAC: 10 weeks \$120

VEGGIE SOUP FOR THE SOUL

Learn about vegetarianism: cooking, lifestyles and nutritional considerations.

4th Monday - Aug. 24 & Oct. 26; 6-7 p.m.

HEND

FIRE UP YOUR METABOLISM

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

Wednesday, Sept. 16; 6-7 p.m.

WEST

CARDIAC NUTRITION

Learn how to eat for your heart's health.

Thursday, Sept. 17; 10-11:30 a.m.

HEND

Thursday, Oct. 29; 10:30 a.m.-noon

WEST

EMOTIONAL EATING

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

Tuesday, Sept. 29; 6-7 p.m.

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 the breath.

Wednesday, Oct. 14; 1-3 p.m.

HEND: Free

Tuesday, Sept. 22; noon-2 p.m.

WEST: Free

MEMORY SCREENING

Join Senior Guidance for an assessment to help determine if your memory and memory loss is normal for your age.

Tuesday, Oct. 27; 10 a.m.-2 p.m.

HEND

HEALTH SCREENINGS

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

Wednesday, Sept. 23; 7-10 a.m.

HEND: Listed above

Wednesday, Oct. 28; 7-10 a.m.

WEST: 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, Oct. 1; 10 a.m.-noon

HEND: Free

Thursday, Oct. 15; 10 a.m.-noon

WEST: Free

PERIPHERAL VASCULAR DISEASE SCREENING

St. Rose Radiology Department will screen you for PVD.

Thursday, Sept. 24; 8 a.m.-noon

HEND, Rehab Suite 140: Free

SKIN CANCER SCREENING

Skin checks with Dr. Darlina Mantheis.

Tuesday, Sept. 15; 10 a.m.-noon

HEND: Free

FREE HEARING SCREENING WITH ANDERSON AUDIOLOGY

Call 616-4900 for an appointment.

Thursdays, Sept. 10 or Sept. 24; 9-12 a.m.

Thursday, Sept. 17; 1-4 p.m.

HEND



INTEGRATIVE MEDICINE

REFLEXOLOGY FOOT MASSAGE

Schedule 30 or 60 minutes with Sarah Wagner. Call 270-6313 for appt.

Mondays - Aug. 10 & 24, Sept. 21, Oct. 5 & 19;

9:30 a.m.-12:30 p.m.

Fridays - Aug. 7 & 21, Sept. 4 & 18, Oct. 2, 16, 30;

3:30-5:45 p.m.

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

Tuesdays - Aug. 18, Sept. 15, Oct. 13; 3:30-5:45 p.m.

Thursdays - Aug. 27, Sept. 24, Oct. 22; 9:30 a.m.-12:30 p.m.

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

CRANIOSACRAL MASSAGE THERAPY

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

Saturdays - Aug. 22, Sept. 26, Oct. 24; 10 a.m.-2 p.m.

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

Tuesdays - Aug. 18, Sept. 1, Oct. 27; 10 a.m.-2 p.m.

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

SummerCalendar

of classes and upcoming events

THE HEALING MAGIC OF TEAS

Red, green, black, white and herbal, oh my! Learn from Nicole Carter the healing magic of teas and how to brew the perfect cup.
Saturday, Aug. 29; 10 a.m.-noon
SAN: \$35 (includes tea tasting & samples)

LAY DOWN AND LOSE WEIGHT WITH HYPNOSIS

Bring your own pillow.
Wednesday, Aug. 26; 6-8 p.m.
WEST: \$25 (includes CD)
Wednesday, Sept. 30; 6-8 p.m.
HEND: \$25 (includes CD)

PAIN MANAGEMENT WITH HYPNOSIS

Tuesday, Oct. 6; 6-8 p.m.
WEST: \$25 (includes CD)

FREEDOM FROM SMOKING

Seven-week American Lung Association smoking cessation program in a supportive setting.
Mondays – Oct. 26, Nov. 2, 9, 16, 23, 30, Dec. 7 & Thursday, Nov. 19; 5:30-7 p.m.
RDL
Tuesdays – Aug. 11, 18, 25, Sept. 1, 8, 15, 22 & Thursday, Sept. 3; 5:30-7 p.m.
SAN

RELAX AND STOP SMOKING WITH HYPNOSIS

Wear comfortable clothes.
Thursday, Aug. 27; 6-8 p.m.
HEND: \$25 (includes CD)
Wednesday, Oct. 14; 6:30-8:30 p.m.
WEST: \$25 (includes CD)

NEVADA TOBACCO USERS HELPLINE:

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

When you are ready to quit smoking, a trained and experienced professional counselor will work with you to develop an individualized plan based on your level of addiction and other factors.



HEALTH CONDITIONS

FOOD ALLERGY PARENT EDUCATION GROUP

Parent education and support for children with food allergies. Guest speaker will be Dr. Howard Baron, M.D., pediatric gastroenterologist.
Tuesday, Aug. 11; 6:30-9 p.m.
MAC

LIVING HEALTHY WITH CHRONIC DISEASE

Learn to cope and control health conditions (arthritis, asthma, diabetes, back problems, etc.) with the six-week Stanford University Chronic Disease Self-Management Program.
Mondays – Aug. 17-Sept. 28 (except Sept. 7); 10 a.m.-12:30 p.m.
HEND

STRIKING OUT AGAINST STROKE

Tuesday, Aug. 18; 9:30-10:30 a.m.
HEND

STROKE SUPPORT GROUP

3rd Tuesday – Aug. 18, Sept. 15, Oct. 20; 4-5 p.m.
HEND

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 – Aug. 25 & 26, Sept. 29 & 30, Oct. 27 & 28; 5:30-9:30 p.m.
Thursday & Friday – Aug. 13 & 14, Sept. 10 & 11, Oct. 8 & 9; 9 a.m.-1 p.m.
Home Health bldg., 1125 American Pacific Drive, Suite G

LAPAROSCOPIC OBESITY SURGERY

Learn about the latest surgery for weight loss: mini gastric bypass with Dr. Robert Rutledge.
Tuesday – Aug. 25, Sept. 29 or Oct. 27; 6-7:30 p.m.
MAC

GENETICS & BREAST CANCER

Join Dr. Souzan El-Eid to learn about your genetic risk for breast cancer.
Thursday, Aug. 27; 6-7:30 p.m.
SAN

LOWER CHOLESTEROL WITH TLC (THERAPEUTIC LIFESTYLE CHANGES)

Tuesday, Sept. 1; 5:30-8:30 p.m.
WEST

READING THE CHOLESTEROL LAB REPORT

Numbers, numbers what do they mean? Learn how to decipher the lipid profile report and other useful cholesterol information.
Thursday, Sept. 3; 3-4 p.m.
HEND

DASH AWAY FROM HYPERTENSION

Thursday, Sept. 17; 10 a.m.-noon.
WEST

ALTERNATIVES TO HYSTERECTOMY

Join Dr. Haydee Docasar and learn about alternatives to hysterectomy.
Wednesday, Sept. 23; 6-7 p.m.
HEND

HORMONE THERAPY VS. CHEMOTHERAPY

Join breast surgeon Dr. Souzan El-Eid for an update on breast cancer treatments.
Tuesday, Sept. 29; 6-7:30 p.m.
SAN

CANCER QUALITY OF LIFE CENTER

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



SAFETY & INJURY PREVENTION

HEARTSAVER CPR/AED

Learn American Heart Association adult, child and infant CPR, AED and choking. Two-year certification for the nonhealth care provider.
Wednesday, Aug. 5; 5-9 p.m.
Thursday, Sept. 3; 5-9 p.m.
Saturday, Oct. 17; 10:30 a.m.-2:30 p.m.
HEND: \$30 (includes AHA cert. card)
Saturday, Sept. 26; 10 a.m.-2 p.m.
Friday, Oct. 16; 1-5 p.m.
WEST: \$30 (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.
Friday, Aug. 14; 5-9 p.m.
Saturday, Aug. 29; 10:30 a.m.-2:30 p.m.
Thursday, Oct. 29; 5-9 p.m.
HEND: \$50 (includes AHA cert. card)
Thursday, Sept. 10; 5-9 p.m.
Wednesday, Sept. 30; 5-9 p.m.
Friday, Oct. 30; 1-5 p.m.
WEST: \$50 (includes AHA cert. card)

AARP DRIVER SAFETY PROGRAM

Over 50? Reduce your car insurance rates with this safe-driving program.
Monday – Aug. 10, Sept. 14 or Oct. 12; 9 a.m.-5 p.m.
HEND: \$12 for AARP members, \$14 for nonmembers (check only)
Saturday – Aug. 15, Sept. 19 or Oct. 17; 9 a.m.-5 p.m.
SAN: \$12 for AARP members, \$14 for nonmembers (check only)

SAFE SITTER

Youth ages 11-16 learn safe, nurturing child care and medical emergency techniques.
Monday – Aug. 17 or Oct. 5; 8:30 a.m.-4:30 p.m.
HEND: \$30 (includes lunch)

FALL PREVENTION WORKSHOP FOR SENIORS

Learn to avoid falls and improve balance with this seven-week program. Exercise, refreshments, giveaways and camaraderie.
Thursdays, Sept. 17-Oct. 29; 2-4 p.m.
HEND

SEXUAL ASSAULT PREVENTION

Join Sgt. Misty Pence from Las Vegas Metro Police Dept. to learn to identify offenders and protect yourself from danger. Parents and teens encouraged to attend.
Saturday, Sept. 19; 10 a.m.-noon
SAN

WORK SITE CPR & FIRST AID CLASSES

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meet OSHA and other job requirements for schools and day cares for a two-year certification. Call 616-4914 for group on-site training fees and scheduling.



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
HH - Home Health, Henderson

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 p.m. **HEND**
Bereavement Support Group – 2nd & 4th Wednesdays, 6 p.m. **HEND**
Breast Cancer Support – 2nd & 4th Mondays, 6 p.m. **HEND** (Funded by the Susan G. Komen for the Cure, Southern Nevada Affiliate)
CCFA – 3rd Sundays, 2-4 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. **HH**
Eating Disorders Recovery Support – 1st Saturday, 9:15 a.m. **SGR**
Fibromyalgia Friends – 3rd Thursday, 6:30 p.m. **HEND**
Gamblers Anonymous – Tuesdays, 6 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**
ICAN: C-Section Support – 1st Thursday, 10 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. **HEND**
Narcotics Anonymous – Wednesdays, 5:30 p.m. **COND**, Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**
Nicotine Anonymous – Saturdays, 3 p.m. **HEND**
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**



PROGRAMAS EN ESPAÑOL

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

¿NECESITA A UNA DOCTOR QUE HABLE ESPAÑOL? Llame al 616-4999

PARTICIPE EN EL CLUB "MI MAMI Y YO"
 Comparta experiencias con otras mamis, Hágase amistades, Disfrute de un café y de pan. Cada segundo jueves del mes.

CHEQUEO/INSTALACIÓN DE ASIENTOS DE SEGURIDAD INFANTIL GRATIS

La ley específica 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: Donación de \$10 por familia

ACTIVIDADES CON TUS NIÑOS

Acompañenos los jueves de 10:00 a 11:00 de la mañana a disfrutar de una hora llena de arte y juegos con sus niños menores de 4 años. La señorita Rony de Conexión de Familia a Familia y St. Rose Dominican Hospitals, les invitan a aprender temas de salud, educación y mucho más para beneficio de sus familias.

27 de Agosto 2009 – Proyecto de Arte
 Cree su propia obra de arte y llévesela a su casa. Enterprise Library, Conference Room, 25 E. Shelbourne Avenue, Las Vegas, NV. 89123



BREASTFEEDING



BREASTFEEDING HELPLINE 616-4908

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

CONSULTATION

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. \$10 for follow-up appointments.

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

BREAST PUMP 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

Fridays – 11 a.m.-noon

HEND

Wednesdays – 11 a.m.-noon

WEST

LA LECHE LEAGUE

4th Thursday – Aug. 27, Sept. 24, Oct. 22; 10-11 a.m

FTF

CATHOLIC CHARITIES OF SOUTHERN NEVADA WIC PROGRAM

Supplemental food, breastfeeding and nutrition education for women and children.

Las Vegas: 366-2069

Henderson: 558-3129

Nellis AFB: 643-3465



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 – Sept. 15, 22, 29 & Oct. 6; 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.

Thursdays – Sept. 17, 24 & Oct. 1, 8; 6-9 p.m.

WEST: \$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

FamilyEducation

Call 568-9601 to enroll in Family to Family Classes

NATURAL FAMILY PLANNING

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

Tuesday, Sept. 15; 6-8 p.m.

Tuesday, Oct. 20; 6-8 p.m.

WEST



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; FTF \$10 per family

MOMMY & BABY YOGA

Moms and babies ages 6 weeks-1 year.

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 - 3-4 p.m.

WEST

EVERYTHING YOU NEED TO KNOW ABOUT LEAD PAINT!

Education regarding lead hazards and healthy home issues!

Ages birth-48 months.

Tuesday, Aug. 11; 10-11 a.m.; 11-noon Spanish

FTF

NEVADA CHECK UP

Parents can meet with a representative regarding qualification for the Nevada Check Up program.

3rd Tuesday; 9-11 a.m.

FTF

BABIES AND SUMMER HEAT

Helpful tips on surviving Las Vegas summer heat with your baby.

Ages birth-12 months.

Friday, Aug. 14; 10-11 a.m.

FTF

GETTING READY FOR PRESCHOOL!

Discuss helpful tips for preparing your child for preschool. Ages 24-48 months.

Monday, Aug. 24; 10-11 a.m.

FTF

EXPLORE AND LEARN WITH NEIS

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

Fridays - 9:30-10:45 a.m.

FTF

WE CAN SIGN: BABY SIGN LANGUAGE LEVEL I

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

Thursdays - Aug. 27, Sept. 3, 10 & 17; 11:30 a.m.-12:30 p.m.

Saturdays - Sept. 12, 19, 26 & Oct. 3; 10:30-11:30 a.m.

Fridays - Oct. 2, 9, 16 & 23; 1:30-2:30 p.m.

HEND: \$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).

Saturdays - Sept. 12, 19, 26 & Oct. 3; noon-1 p.m.

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

LOVE & LOGIC — EARLY CHILDHOOD MADE FUN!

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

Thursdays - Sept. 3, 10, 17, 24 & Oct. 1; 10 a.m.-noon

FTF: \$25

Thursdays - Sept. 10, 17, 24 & Oct. 1, 8; 4:00-5:50 p.m.

WEST: \$35

BON APPETIT, BABY!

A helpful, yummy and informative class on everything from starting solids to homemade baby food. Ages birth-12 months.

Tuesday, Sept. 8; 10-11 a.m.

FTF

HEALTHY TODDLER SNACKS

Come and join us as we discuss and try healthy snacks for those busy toddlers on the go! Ages 12-48 months.

Monday, Sept. 14; 2-3 p.m.

FTF

KREATIVE KIDDOS!

Creative craft ideas with a homemade feel! Child will make and take home a craft at the end of the class. Ages 9-48 months.

Tuesday, Sept. 29; 10-11 a.m.

FTF

BUILDING BLOCKS FOR YOUR BABY'S SELF-ESTEEM

Learn what it takes to build a healthy and happy baby!

Ages birth-12 months.

Wednesday, Oct. 7; 2-3 p.m.

FTF

REAL MEANING OF TIME-OUTS!

Help parents learn the real meaning of time-outs and how parents can make "time-outs" more effective. Ages 9-48 months.

Friday, Oct. 23; 2-3 p.m.

FTF

TEENIE WEENIE HALLOWEENIE!

Join us for our annual pint-sized costume party for babies and toddlers with Pumpkin Patch Photos (\$5), story time with Henderson Libraries, games and prizes! Ages birth-48 months.

Thursday, Oct. 29; 10 a.m.-1 p.m.

FTF



ONLINE REGISTRATION AVAILABLE

for family education classes.
Log on to: strosehospitals.org.

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.

Battling Fear: A Major Factor in the Fight Against Breast Cancer

According to recent polls, healthcare costs remain a top concern for women, and breast cancer continues to be the disease they fear most. Vanessa Montes felt this worry and fear firsthand. In fact, she was so frightened by her breast cancer that she agonized for two long years before getting the medical services that cured her disease and saved her life.

Vanessa first discovered a lump under her left armpit while taking a shower. Unsettled by her discovery, she carefully felt for other lumps and bumps. Fear set in as soon as she found a second lump on her left breast.

Vanessa shared her findings with a friend, who accompanied her to see a doctor the very next day. During her clinical breast exam and mammogram, Vanessa's fears intensified and by the time the doctor's office called to discuss her test results, she had gone into denial and ignored the calls.

"I knew that I had breast cancer, but I didn't believe I could cope with it. I was afraid of dying and leaving my daughter without a mother, but I also knew I couldn't afford costly medical treatments," said Vanessa.

Two years passed before Vanessa summoned the courage to reach out for emotional support and medical care. She found the help she needed through St. Rose Dominican Hospitals' R.E.D. (Rapid Early Detection) Rose program, which is supported in part by grant funding from the Susan G. Komen Foundation for the Cure and the National Breast Cancer Foundation. R.E.D. Rose covered the costs of her diagnostic testing, and St. Rose and its affiliated breast surgeons helped cover costs related to her breast cancer surgery.

When Vanessa met with St. Rose surgeon, Dr. Gregg Ripplinger, she braced herself for the worst.

"I expected to hear that my cancer was not curable," says Vanessa. "A wave of peace washed over me when Dr. Ripplinger told me that my cancer was treatable."

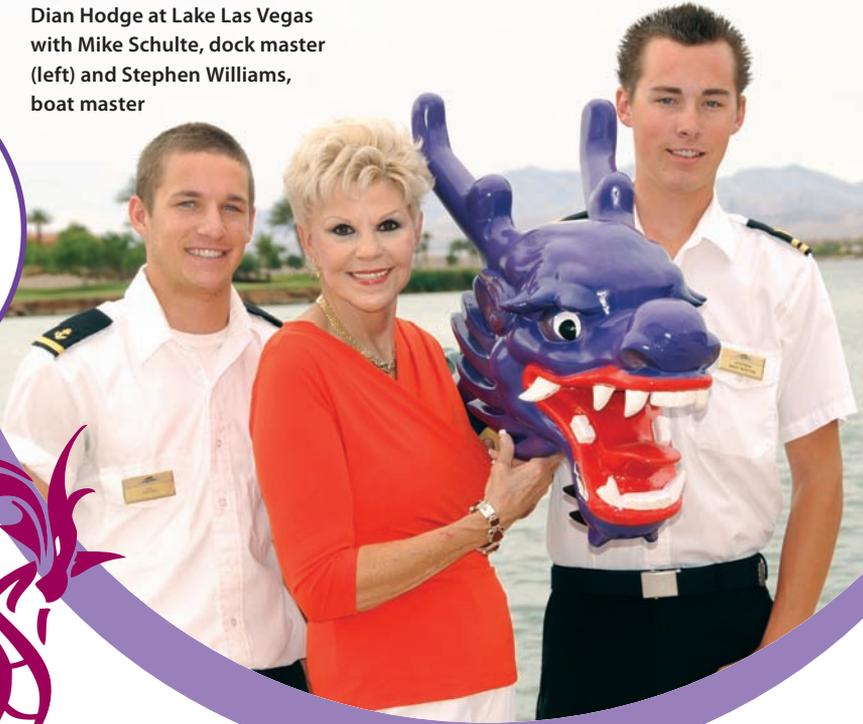
Dr. Ripplinger recommended removing Vanessa's breast tumor through a procedure called a lumpectomy, followed by a short series of chemotherapy and radiation treatments.

"I felt extremely grateful that my breast cancer had not spread to the underlying muscle or my lymph nodes. I didn't lose my entire breast — only the tumor and a small portion of healthy tissue around it were removed."

"I spent far too long living as if I had no future," said Vanessa. "Now, with the support of St. Rose and their R.E.D. Rose program, I am full of confidence and making plans with my family for next year." **WC**

Vanessa survived breast cancer with the support of St. Rose's R.E.D. Rose program, which provides free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men 49 and younger who lack adequate healthcare coverage or the financial means to obtain it. You can support R.E.D. Rose by paddling for a purpose at St. Rose's inaugural Rose Regatta — A Dragon Boat Festival at Lake Las Vegas. (See page 17 for more details)

Dian Hodge at Lake Las Vegas with Mike Schulte, dock master (left) and Stephen Williams, boat master



Row, Row, Row Your Dragon Boat.
To participate in the Rose Regatta, rally family, friends and co-workers together and form your own crew — or get on board one of our “Paddlers Wanted” teams. Log on to register at strosehospitals.org or call 616-4910

Paddle Practice Sign-Ups are as Simple as:

1. Log on to strosehospitals.org or call 616-4910
2. Register for the practice you would like to attend
3. Meet at the MonteLago Village Marina at Lake Las Vegas. We'll provide the boat, the paddles and the personal flotation devices.



Look Who's Paddling It Forward!

Grab a paddle and get on board for the most fun, feel good fundraiser of the year! Dragon boat racing is an activity that people of all ability levels can enjoy, which is why it is quickly becoming the world's fastest-growing recreational water sport. Proceeds from the Rose Regatta directly benefit St. Rose's R.E.D Rose Program which provides uninsured breast cancer patients under age 49 the medical and emotional support they need to find stability and stay financially afloat during their time of need.

9 a.m. - 5 p.m.
Saturday, Oct. 10, 2009
MonteLago Village at Lake Las Vegas

- Dragon boat races
- Art festival
- Interactive booths, including children's activities
- Entertainment, including an evening concert
- Wine tasting from 7 p.m. - 10 p.m., \$25

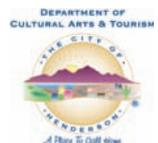
Call 616.4910 or log on to www.strosehospitals.org for more information.

Dian Hodge was in the prime of her career, designing perfumes for major hotels, casinos and QVC, when she was diagnosed with breast cancer and had a mastectomy. Dian is proud to say that she sold 800 bottles of her signature fragrance *Dian* in just six minutes on QVC, but she regrets that she waited five years between mammograms.

“Getting a mammogram was not on my top 10 list of favorite things to do, so I took an ‘if it’s not broken, don’t fix it’ attitude,” said Dian. “Ultimately, I learned that the pinch of a mammogram is much less significant than the pain of cancer.”

Dian is a 12-year survivor, and a Lake Las Vegas resident, who joined the Rose Regatta committee to help raise funds for those who can't afford the breast care they desperately need. She also hopes that her involvement in the St. Rose breast cancer charity event will encourage women to take action and get their annual mammograms. **WC**

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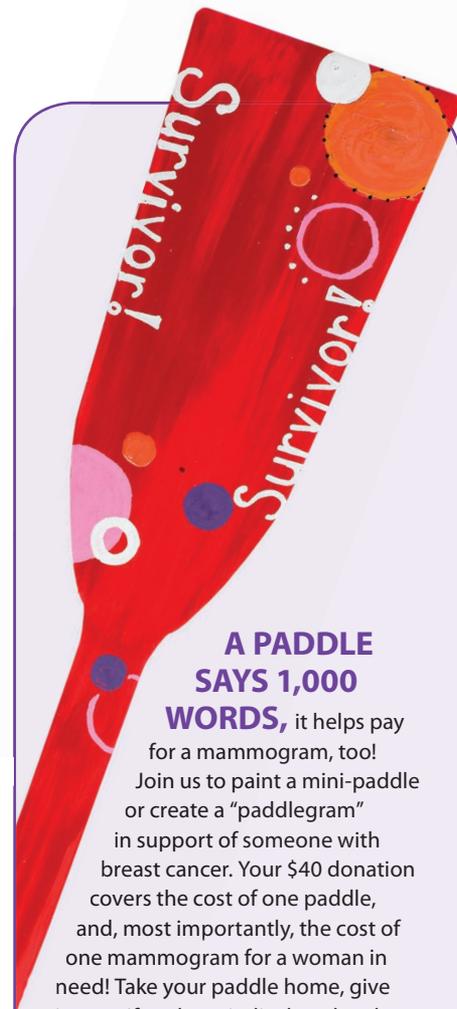
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at the UCLA Center
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A PADDLE SAYS 1,000 WORDS,

it helps pay for a mammogram, too! Join us to paint a mini-paddle or create a "paddlegram" in support of someone with breast cancer. Your \$40 donation covers the cost of one paddle, and, most importantly, the cost of one mammogram for a woman in need! Take your paddle home, give it as a gift or have it displayed at the Rose Regatta's Paddle Gallery, on Saturday, Oct. 10, at Lake Las Vegas.

PADDLE PAINTING WORKSHOPS

Get creative and paint a paddle for a purpose. Paddles will be displayed at our Rose Regatta, Oct. 10, at Lake Las Vegas.

Friday, Aug. 14 & Sept. 11; 5-7:30 p.m.

HEND: \$40 (includes materials)

Friday, Aug. 21; 1-3:30 p.m.

Friday, Sept. 18; 3-5:30 p.m.

WEST: \$40 (includes materials)



What's Cooking in Your Medicine Cabinet?

America's medicine cabinets contain everything but the kitchen sink — and it just so happens that 85 percent of adults keep medication in at least one other place than the bathroom medicine cabinet — most often the kitchen. This information got St. Rose pharmacist, Elizabeth Gonzalez, and our executive chef, Charo Phipps, talking about some of the similarities between cooking smarts and the recipe for medication safety. Here are a few of their thoughts and suggestions:

Labels matter.

Charo: If spice bottles weren't labeled, it's feasible that someone, even an experienced chef like me, might grab chile powder instead of cinnamon. Can you imagine biting into a chile powder breakfast roll?

Elizabeth: Like spices, unmarked medicines can look very similar, so it's important to keep medications in their original labeled containers to avoid confusion. This is not only important when you're at home but when you travel, too. It is even easier to mix up medicines when you're away from your daily routine.

Simple-to-share information is a must.

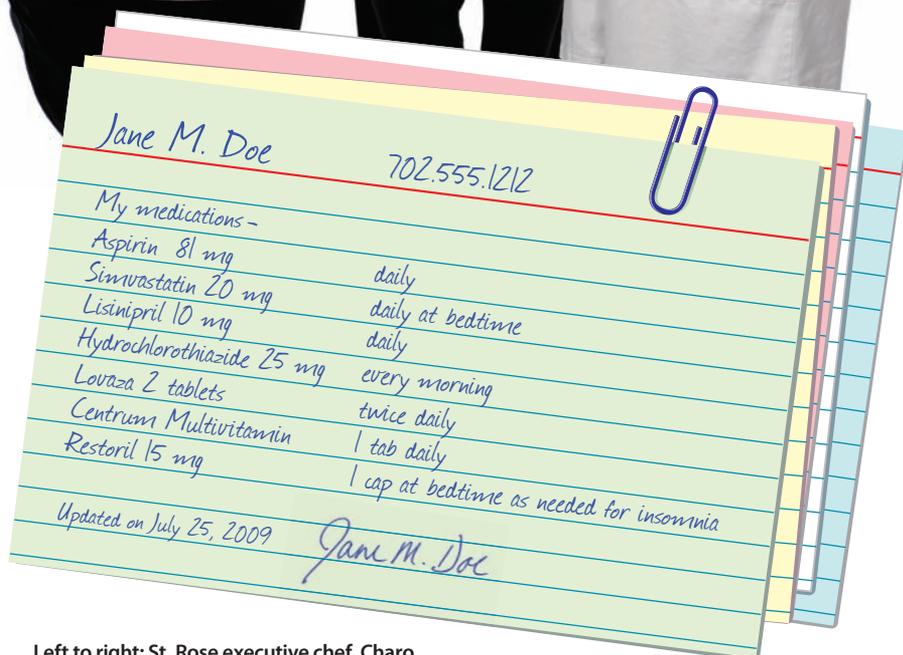
Charo: I am often asked to share my jambalaya recipe. I can't recite all of the ingredients or measurements off the top of my head, so I create recipe cards to hand out," said Charo. "What if people created recipe cards listing all of their medications and dosing information to share with their doctor and pharmacist?"

Elizabeth: Keeping an updated list in your wallet of all the medications, herbs and supplements you take is smart because it may be difficult to recall such information when you visit your doctor or pharmacist — or unexpectedly end up in an emergency room. You can find wallet-sized medication forms on the Internet that can be personalized and printed, but Charo's recipe card is a fresh twist on that idea. It would definitely be a conversation piece, and having a good conversation with your physician or pharmacist about the medicines you take can reduce your risk of potential medication errors.

Substitution smarts are vital.

Charo: Substituting ingredients in a recipe — such as using baking soda in place of baking powder — can

continued on page 21



Left to right: St. Rose executive chef, Charo Phipps, registered dietician, Nicole Beck (see vitamin K and Coumadin on page 21) and pharmacist, Elizabeth Gonzalez

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continued from page 19

yield unexpected results. Both ingredients sound similar and both can make baked goods rise. However, if you substitute baking soda for baking powder, your baked goods may fall flat unless you also add cream of tartar as part of your substitution. What's the rule of thumb for medication substitutions?

Elizabeth: Substituting prescriptions and even over-the-counter medications can also have unexpected consequences. One example would be taking an NSAID (aspirin, ibuprofen or naproxen) in place of Tylenol (acetaminophen). Both are OTCs that relieve pain; however, if you have heart or kidney problems, taking NSAIDs may lead to fluid retention, lower kidney function and higher blood pressure. So the rule of thumb is better safe than sorry. Consult your doctor or pharmacist about medication substitutions.

Storage.

Charo: As a chef, I can get pretty finicky about how I store my cooking utensils and my ingredients. Storing my ingredients in airtight containers helps them retain their freshness and taste.

Elizabeth: Moisture from a hot shower or bath can damage or degrade tablets and capsules, possibly making them ineffective. Unless instructions require that a medication be refrigerated, I recommend storing medications and vitamins in a safe, dry room-temperature place, such as a kitchen cabinet that is away from the heat of a stove or oven. If a medication comes with packing cotton, it should be removed because it can attract and hold moisture. **WC**

VITAMIN K AND COUMADIN

Though broccoli, spinach and Brussels sprouts can be part of a heart-healthy diet, are these vegetables, which are high in vitamin K, off limits to the very people who might benefit from them the most? This question may cross the lips of people taking the blood thinner Warfarin (commonly known by the brand names Coumadin, Jantoven, Marevan) more often than leafy green salads do.

"There is a fairly common misunderstanding that if you take Warfarin, you must stay away from vegetables, meats and beverages that are high in vitamin K," says St. Rose registered dietician, Nicole Beck. "Avoidance isn't the answer. Eating a consistent amount of vitamin K each day is the key."

Warfarin is commonly prescribed to prevent or treat blood clots associated with heart attack, stroke, heart valve replacement and rapid or irregular heart beats. It works by decreasing the blood's



When it comes to medication safety, one of the most important things you can do is ask your healthcare providers questions about the medications recommended for you. Start with questions like these:

- What is the name of this medication? What is it supposed to do? What are the side effects?
- When do I start and stop taking this medication? How do I take this medicine?
- Will this medication work safely with the other medications I am taking, both prescription and OTC?
- Can nondrug actions help my symptoms, in addition to or instead of this drug therapy?
- Are there other medications that I can use? How do they compare in safety, effectiveness and price?

availability of vitamin K, which helps it clot. Therefore, getting too much vitamin K can decrease the drug's ability to fight blood clots, while avoiding it altogether may cause blood to become too thin.

According to Nicole, it is important to keep the vitamin K content of your diet consistent as it affects the amount of Warfarin you require.

"People taking Warfarin can benefit by maintaining a low-fat diet that follows the Food Guide Pyramid recommendation for their age, gender and level of physical activity. This will better enable your physician to prescribe a dose based on your eating patterns," said Nicole.

If you are a strict meat and potatoes person but decide to turn over a new leaf, talk with your doctor before you begin bingeing at salad bars, so that the dosage of your medication can be adjusted accordingly.

Medications and the Expectant

Mother. If you are pregnant or plan to become pregnant, talk to your doctor about the prescription medications, OTC medications and supplements you take. Hormonal changes during pregnancy can affect how medications affect you and some medications may harm your unborn child.

THE VITAMIN K QUIZ

Q: What is the average recommended daily allowance of vitamin K for men and women?

A: 120 micrograms (mcg) for men and 90 mcg for women

Q: Name at least four sources of protein that are high in vitamin K?

A: Beef, pork, chicken livers, soy protein products (including tofu)

Q: Name at least three vegetables that are high in vitamin K?

A: Kale, cauliflower, turnip greens (Note: four more are listed in the story above)

Q: Name at least one beverage that is high in vitamin K?

A: Green tea

Colon Cancer Screening: Saving Thousands of American Lives

Most men and women don't look forward to getting screened for colon cancer, and as such, avoid it. Gary Fullington was no different, until he heard a public service message sponsored by the Centers for Disease Control. The CDC's "Screen for Life" message focused on the fact that colon cancer — which kills more than 50,000 men and women in the United States each year — could be reduced by as much as 60 percent if all Americans aged 50 and older were tested routinely.

Learning that colon cancer screening could save so many Americans hit home with Gary, a retired Air Force officer who's now a civilian project manager of F-15E operational test and evaluation at Nellis Air Force Base.

"Years ago, I suffered compression fractures to two vertebrae when I ejected from an F-111 fighter jet. The mishap was the result of an aircraft malfunction, and it made me truly appreciate the importance of testing the performance of our jets to ensure the safety of our pilots," said Gary. "When it comes to my health, I now understand the importance of routine colon cancer screening. It is vital to the prevention and detection of colon cancer. Screening saves lives."

Testing 1, 2, 3 ...

Gary first heard the Centers for Disease Control's announcements in 2004 and contacted Dr. Wai Li Ma, a gastroenterologist recommended by his family practice physician. His first colonoscopy was clear, except for a few precancerous polyps that were removed. Dr. Ma recommended that Gary return for a follow-up screening after two years. The results of his second screening in 2006 were very similar and, as before, a follow-up was recommended in two years. During Gary's third colonoscopy, Dr. Ma discovered a worrisome yellow spot on his colon. She performed a biopsy, which confirmed her suspicions; Gary had a common form of colon cancer.

Within a few weeks of receiving his diagnosis, Gary checked into St. Rose Dominican Hospitals – San Martín Campus to have colon cancer surgery performed by Dr. Gary Mono.

"Having cancer is never easy, but when colon cancer is detected early, as it was in Gary's case, it can be successfully treated in most cases," said Dr. Mono. "Traditionally, a surgeon performs open surgery by making a 6-to-8-inch incision in the patient's abdomen and cutting out the portion of the colon that is cancerous. Gary's cancer was found very early, and it was not affixed to the abdominal wall or pelvis which made it more feasible to remove the segment of the colon with a laparoscope."

Dr. Mono performed the laparoscope-assisted colectomy through a 2-inch incision in Gary's upper abdomen and two smaller holes in his lower abdomen. Because the surgery was less invasive than open surgery, Gary required less intravenous painkillers, fewer oral painkillers and a shorter hospital stay.

"When Dr. Mono told me that he removed all of the cancer and I wouldn't need a colostomy bag, chemotherapy or radiation, a huge weight was lifted off my shoulders," said Gary. "I had some pain and discomfort after surgery, but it was not nearly what I

**"IF YOU ARE
OVER 50 — OR AT
AN INCREASED RISK
FOR COLON CANCER
— PLEASE GET
SCREENED."**

- GARY FULLINGTON



What's the difference between colon cancer and colorectal cancer?

They are the same. Colorectal cancer, commonly referred to as colon cancer, relates to the colon or rectum.

had anticipated. Even though Dr. Mono estimated that I would need about one week in the hospital to recuperate, I went home within four days and was back at work — albeit part-time — two weeks to the day after the surgery.”

Real Men — and Women — Get Tested

When Gary hears the Centers for Disease Control’s “Screen for Life” campaign these days, he knows it was probably more than the facts that influenced his decision to get screened. He also was motivated by the campaign’s spokespersons — award-winning actors and journalists such as Morgan Freeman, Jimmy Smits, Terrence Howard, Diane Keaton and Katie Couric.

“In the past, colon cancer screening wasn’t something people talked about in polite company. As a result, many people were uneducated about it and too embarrassed to talk about — much less submit to — screenings,” said Gary. “Once Morgan Freeman began discussing colon cancer screenings on the radio and Katie Couric’s colonoscopy was shown on television, I think people like me began thinking and talking differently about screening.”

So, although Gary is somewhat of a private man, he is willing to speak up and share his story.

“I’ve got a good job. I’ve got my wife of 32 years. I’ve got two grown sons and a teenage daughter who I look forward to seeing graduate from high school in a few years. I’ve also had colon cancer, but because it was detected early, I’ve got my good health,” said Gary. “If you are over 50, or are at an increased risk for colon cancer, please get screened.” **WGC**

COLON CANCER SCREENING The Centers for Disease Control recommends that men and women begin colorectal screening at age 50. However, talk to your doctor about your personal and family health history to determine if you should begin screening earlier or be tested more frequently. Following are common methods of screening:

HIGH-SENSITIVITY FOBT (STOOL TEST)

How Often: Once a year. **How it is done:** This take-home test kit allows you to collect small samples of stool and return them to your doctor or the recommended lab, where the samples will be screened for anything unusual.

FLEXIBLE SIGMOIDOSCOPY

How often: Every 5 years. **What is it?** This test allows your doctor to inspect the lower third of your colon for polyps or cancer through a short, thin, flexible lighted tube.

COLONOSCOPY

How often: Every 10 years. **What is it?** This procedure is similar to a flexible sigmoidoscopy. However, the thin and flexible lighted tube is longer, which allows your doctor to check your rectum and entire colon for polyps or cancer. This test also allows your doctor to remove most polyps and some cancers. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

Other methods, such as a double-contrast barium enema, virtual colonoscopy or stool DNA, may be recommended by other organizations or suggested by your doctor. The tests outlined above are the most frequently approved for reimbursement by insurance plans.



MEDICINE IS IN THE MESSAGE

Actor Terrence Howard, known for his roles in movies such as *Ironman* and *Crash*, gets “two thumbs up” for his role in supporting the Centers for Disease Control’s “Screen for Life” campaign. Terrence’s television announcement emphasizes that when his mother was diagnosed with colon cancer, it was like his whole family got cancer, and when she died at only 56, it was his wake-up call to get tested. According to statistics, most colon cancer occurs in people without a family history of the disease. Still, as many as one in five people who develop colon

cancer have other family members who have been affected by this disease. The risk is about double in those people who have one first-degree relative affected by colon cancer. It is even higher if the first-degree relative is younger than 60 or if more than one first-degree relative is affected.

Morgan Freeman’s authoritative voice has given credence to the characters he’s played in movies such as *Shawshank Redemption*, *Million Dollar Baby* and *The Bucket List*. It also gives credibility to the Centers for Disease Control’s “Screen for

Life” campaign, which emphasizes that even if you feel and look like the picture of health, colon cancer screening is important because the disease doesn’t always cause symptoms. The radio announcements featuring Freeman also point out that screening can find precancerous polyps, which can be removed before they turn into cancer.

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Meet the Music Man

Six nights a week, multitalented performer Kristofer McNeeley plays eight different roles in the smash hit *Jersey Boys* at The Palazzo Las Vegas. His performances are spot on, yet he is routinely urged not to “quit his day job.” Though the expression is sometimes used to slight a person’s talent, it is a compliment to Kristofer who spends some of his afternoons strumming his guitar and softly singing to patients. Here, Kristofer shares details of why he and his wife Ali, volunteer at St. Rose Dominican Hospitals.

WC: Your performances often put people to sleep. Though most performers would be mortified to hear that, you’re laughing. Why?

Kristofer: Because, thankfully, you are referring to the response patients have to my volunteer work at St. Rose — not to my performance in *Jersey Boys*. At least I hope you are! Bringing music to patients in the hospital is not about performing; however, if my music can help calm a patient’s spirit and mind, then I consider it an honor to play a lullaby or softly sing their favorite song. Very often, the music and the atmosphere it creates helps ease stress on the body and mind so the patient is better able to rest and recover. In that respect, if my music puts a patient to sleep, I consider it the equivalent of a resounding “Bravo!”

WC: You began volunteering at St. Rose in January, but when did you first discover your love of playing for patients?

Kristofer: I moved to Los Angeles after college and was fortunate to land roles in film and TV, as well as work on the stage on both coasts. Though I got a taste of success, I became disheartened because something was missing. I did some introspection, and a friend encouraged me to search for an opportunity that would feed my soul rather than just advance my career. I explored volunteering at Cedars-Sinai Medical Center and ultimately helped the hospital develop a music program that is still going strong. Eventually, I left show business to take a full-time position working as a volunteer coordinator at Cedars-Sinai, and I learned what it means to be on the administrative side of volunteer and education programs. Thankfully, the job kept me in Los Angeles long enough to meet my wife, who also enjoys bringing music to patients at St. Rose.

WC: You’ve said that the months leading up to and following your marriage to Ali were a stressful time in your life. Why?

Kristofer: I left for New York to rehearse for *Jersey Boys* in October 2007 — just one month before Ali and I were to be married. Shortly after our wedding, we relocated to Las Vegas for the opening of the show at The Palazzo. I am blessed to have realized so many of my life’s aspirations at one time, and we are thankful that Southern Nevada has been very good to us. However, Ali routinely travels to Los Angeles and the East Coast for work and I miss her every time we’re apart. We find



Kristofer
McNeeley

continued on page 27

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continued from page 25

volunteering at St. Rose a wonderful way to spend quality time together when she's home. We enjoy sharing the experience of touching patients' lives.

WC: You are quick to point out that you and Ali aren't licensed musical therapists. Is that important for people to know?

Kristofer: It is an important distinction to make, thank you. St. Rose has a music therapy program coordinated by Judith Pinkerton, a music therapist with extensive experience and education in helping people use music to enhance their health and daily lives. Like Judith, we appreciate how pervasive and powerful music is on every level. We believe the music we listen to can set the tone for our daily activities and life situations — including the healing process. When a patient is hospitalized, they are removed from many comforting aspects of their personal environment. We have found that music often brings a sense of comfort and a bit of normalcy back into a patient's life, even if for just a few moments. If we can bring soothing music to patients in need, we have a responsibility to do so.

Elite Home Health Care Service. St. Rose Dominican Hospitals Home Health Services was recently named to the 2008 HomeCare Elite, as one of the most successful Medicare-certified home health care providers in the United States. This annual review identifies the top 25 percent of agencies, ranked by an analysis of performance measures in quality outcomes, quality improvement and financial performance.

Inpatient Hospice Services. St. Rose Dominican Hospitals' Hospice Services and Henderson Healthcare Center have partnered to offer inpatient hospice rooms on the campus of Henderson Healthcare Center. The partnership allows St. Rose Hospice staff to provide the same comprehensive hospice service that they provide in a home setting — plus patients receive more acute, 24-hour skilled nursing care from the staff of Henderson Healthcare Center.

WC: We're going to name this article "Music Man." Do you know why?

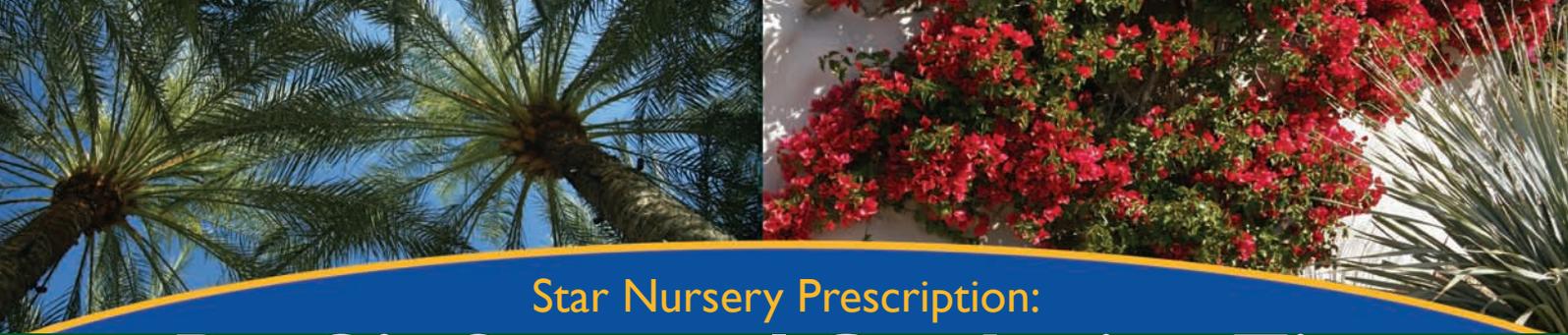
Kristofer: You read the *Jersey Boys*' blog interview! I first tried breaking into show business when I was 9 years old by auditioning for a spot in my hometown's production of the *Music Man*. I didn't get the part. I left the audition in tears, but that first rejection couldn't stop me from pursuing my passion. That passion remains with me today, and it's the same passion I bring with me to my work at St. Rose Dominican Hospitals. **WC**

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Our Siena Campus was recently named one of the best hospitals in the country according to a Consumers' Checkbook Survey reported in the May/June issue of *AARP The Magazine*. From 140,000 hospital ratings and more than 1,400 acute-care hospitals, only 125 hospitals were selected as the top 125 based on their dedication to excellence, both in clinical care and patient and physician satisfaction.

Kristofer and Ali McNeeley making beautiful music as a patient listens.





Star Nursery Prescription:

Dr. Q's Seasonal Gardening Tips

August

Don't forget to harvest your vegetables and fruits.

Failure to pick early will give you woody, overgrown squash and mushy tomatoes.

A little rose maintenance can help a lot. You can make their life easier by keeping faded flowers cut, and providing them with a cooling mulch layer.

Prior to fall planting, prepare your flower and garden beds with lots of organic compost and starter fertilizer. Dr. Q's Planting Mix "Pay Dirt" is fully composted and ready to use. (unlike the cheaper brands)

September

When evenings cool a bit the soil temperatures are still warm enough to help new roots establish quickly. It is time to do your fall planting NOW!

Existing Plants? The time has come for fall fertilization. Remember, water first, fertilize with Dr. Q's "designed for the desert" fertilizers and then water them again deeply.

Fall Veggies and Fruit Trees. September is a great time to for planting a large variety of veggies, and fruit trees like peaches and plums... yum!

October

Divide Iris and other bulbs. Early October will provide wonderful temps to help you make the most of your flowering bulbs like iris, lilies and tulips. You can store them through the winter in a cool dry place.

Great month for planting cold hardy evergreens and any deciduous shrub or tree. These will have all winter to spread their roots out. Use Dr. Q's Plant Tonic!

Cut back on weekly watering days as the weather cools. Two days a week is fine, plants need to breathe, don't keep them too wet.



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The Best Years of My Life

Ernie Devald has cancer, and although he's spent the better part of the past two years in the hospital, he says, "I've never been so happy." That's because Ernie is a St. Rose Dominican Hospitals' volunteer, not a patient.

Initially diagnosed with prostate cancer in 2000, Ernie was given a three-year prognosis. After three years passed, Ernie's doctor gave him hope that he might make it another year or two. Ernie again outlived his doctor's expectations and he reasoned that "if God is keeping me here, he must have a plan in mind for me."

Ernie found his purpose — and a sense of pure joy — volunteering on the pediatric and pediatric intensive care unit (PICU) at St. Rose's Siena Campus, where he conducts newborn hearing screenings, answers phones and delivers comfort items such as blankets and refreshments to young patients and their families. A self-proclaimed gumshoe poet, Ernie also writes poems and rhymes for the busy nursing staff and little patients who need a laugh.

"I've got a special place in my heart for small patients and their families because my own daughter, Stacey, was diagnosed with insulin-dependent diabetes at just 2 years old," says Ernie. "My wife Debbie turned that tough situation into an incredible opportunity to help our daughter, as well as other local children and families."

Debbie became highly involved in diabetes education and volunteered her time to raise funds for the Juvenile Diabetes Association. Her experience and enthusiasm led to full-time work as the executive director of that charitable organization, and later, the local chapter of the American Diabetes Association.

"Each time Debbie was called to a hospital to talk to a child who was diagnosed with insulin-dependent diabetes, she had Stacey in tow to provide the child and their parents encouragement," says Ernie. "I guess their spirit of volunteerism really rubbed off on me." **WC**

The Devalds Are Doing Good!

Ernie Devald has given 3,000 volunteer hours to St. Rose. His compassion and care are good medicine for young patients — and apparently for Ernie himself, who is living well with cancer.

Stacey (Devald) Wedding, was honored as a KLAS-TV Channel 8 Community Spirit recipient for helping local nonprofit organizations successfully meet their missions — and for her volunteer efforts, which include accompanying her father to provide support for young diabetic patients at St. Rose.

Debbie Devald is the executive administrator for NevadaGives, a nonprofit organization that brings individuals, families and businesses together in the spirit of volunteerism and charitable giving.





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6 P.M. – 9 P.M.

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Susan G. Komen for the Cure® invite you to
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St. Rose-Colored Glasses

Dear Readers,

I recently attended Academic Night at my sons' school and marveled at the impressive array of science and math projects, but it was a series of creative writing and art projects produced by a third grade class that really held my attention. Each student took an American idiom, such as "Don't throw the baby out with the bath water," and "... woke up on the wrong side of the bed," defined it literally, then depicted it in an essay and illustration.

As we celebrate the 10th anniversary of the first Barbara Greenspun WomensCare Center of Excellence and WomensCare magazine, I would like to define the literal meaning of my favorite idiom: "see through St. Rose-colored glasses." Of course, the actual expression is "looking at the world through rose-colored glasses." This expression means seeing all things as positive — or viewing situations in a more positive light than they really are. My tweak on this expression though, pays homage to the people I've come to know at St. Rose who experience situations — some of which are really difficult — and truly make them more positive.

Take the Adrian Dominican Sisters who founded St. Rose in 1947. I've had the good fortune to meet two of the original sisters and hear firsthand how they traveled from Michigan to the dusty desert of Southern Nevada, a place they had never been before, to run a small hospital that was near its last breath. They, of course, had the vision to revive it.

In the late 1990s, when St. Rose was deep in the red and for-profit hospitals sought to take it over, our administrators saw a way to not only maintain our healthcare ministry but to strengthen and expand it by leaps and bounds.

Then there are the St. Rose staff members and volunteers who continually seek to make the advanced medical care provided at St. Rose safer, more comforting and more pleasant for those they serve.

Finally, there are patients and families — many of whom have been profiled in the pages of WomensCare over the past 10 years — in the midst of their own difficult journeys, who see ways to make their situations and the experiences of others facing similar situations more positive. What a privilege it is to share such patient stories with you, and it doesn't take rose-colored glasses.

Be well,
Shauna Walch,
Editor/Writer
WomensCare Magazine



ROUND, ROUND, GET-A-ROUND!

A hospital manager's time can be eaten up by meetings, reports and returning phone calls and e-mails, but the managers of St. Rose Dominican Hospitals – Rose de Lima Campus came up with an award-winning way to give one another back a bit of their workday for what matters most — patients. The first step the managers took was to put a moratorium on 11 a.m. meetings, so that all had an open block of time each day to make patient rounds. Their second step was to give one another a friendly reminder to make rounds. Now, each day at 11 a.m., The Beach Boys song "Round Round Get Around, I Get A Round" plays over the intercom in the administrative hallways. The managers' efforts improved the hospital's patient satisfaction rating and earned the Rose de Lima Campus an Avatar Innovation award for patient loyalty and endorsement. Avatar International is an industry leader in healthcare quality improvement services.



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