

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

FALL 2009 • ISSUE 43

**CARING FOR
MOM AND DAD
THE CONVERSATION
FAMILIES NEED
TO HAVE**

**TALK TO
MY DOCTOR
ABOUT
WHAT?!**

**DRIVE SMART,
NEVADA
QUICK TIPS FOR
ROAD SCHOLARS**

**GOOD GOLLY,
IT'S SISTER
MOLLY!**

The **BARBARA
GREENSPUN**

WomensCare 

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW





Upcoming Promotions

Free Charm Box!

October 30th – November 15th

“Fill Your Heart with Charms” – Receive a beautifully designed heart-shaped Jewelry Box as our gift when you make a single Brighton purchase of \$100 or more.

(Limit one per customer, while supplies last.)

Free 2010 Journal/Calendar

December 4th – December 20th

“Charming World of Brighton” – With all of the hustle and bustle of the holidays, we will help you keep track of everything with our adorable Brighton Calendar & Journal Set. This is your gift when you make a \$100 Brighton same day purchase.

(Limit one per customer, while supplies last.)

Limited Edition Peace Bracelet

January 15th – February 14th

“Peace Charming” – This Limited Edition Peace Bracelet has been exclusively designed to show our support in promoting world peace. For each bracelet sold, Brighton will donate \$5 to a peace supporting organization.

Shown: Jillian Soft Hobo \$155; Contempo Long Necklace \$69; Contempo Wide Hinged Bangle \$42; Sacred Heart Bangle \$38; Dreamy Drops Earring \$48; Amalfie Watch \$105; Dreamscape Ring \$90

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
NEW LOCATION COMING SOON! Town Square Opening Late November

BRIBOR, LLC
A Borsack Enterprise



coverstory

SISTER MOLLY

Fresh off her five-day road trip through Utah's state and national parks, Sister Molly Nicholson slowed down to speak with *WomensCare* magazine about St. Rose's journey — past, present and future — and the importance of taking a few minutes of personal time each day, even if the only place you can take it is in your car. See page 4.

FAMILY TO FAMILY CONNECTION

Need tips and time-tested education for positive parenting? Hoping to find a safe, nurturing place to interact with other new moms? Wanting to learn how to promote healthy lifestyle habits in your home? Check out the *WomensCare* Calendar for more information on the wide array of programs offered by St. Rose's Family to Family Connection, which recently received more than \$180,000 in grants from the state of Nevada and its Children's Trust Fund, MGM Mirage Voice Foundation and Target Foundation.



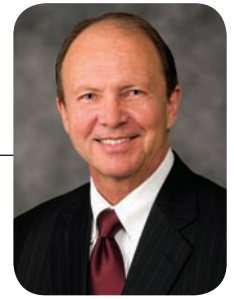
M Resort

See page 31 to find out how St. Rose and the M Resort are working together to help uninsured women get the breast care they need.

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

letter

FROM THE PRESIDENT



Dear Readers,

In 1958, Sister Monica Stankus' mother encouraged her to apply for a position as a medical technologist at our Rose de Lima Campus. Sister Monica wasn't keen about making the "trip" from Las Vegas to Henderson, but as a recent college graduate, she needed a job so she got in her car and drove. As she did, she began mapping out a path for her life. Sister Monica not only took a position at St. Rose, she became inspired by the Sisters' good works and entered the Adrian Dominican convent in Adrian, Michigan, a year later.

Sister Monica led a full life as a Sister and a medical researcher — most notably researching childhood cancer at the National Institute of Health in Bethesda, Maryland. In 1999, her life's journey came full circle when she returned home to spend more time with her aging mother and to serve as the vice president of Mission Integration for our Rose de Lima Campus.

Sister Monica "retired" this June, yet after just a month or two of rest and relaxation, she was again making the "trip" from Las Vegas to the Rose de Lima Campus to volunteer her support for the hospital system's community outreach programs. When asked about it, she said, "I guess all roads lead back to St. Rose for me!"

In this issue of *WomensCare* magazine, there is a reoccurring theme of reflection, looking at the road ahead and the concept of "retreading." So, I can't help but ask ... what is your life's journey? Is there a clear path in front of you or are you being asked to retread and blaze a new trail?

Be well,

A handwritten signature in black ink that reads "Rod A. Davis".

Rod A. Davis

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

WOMENSCARE CENTERS

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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

An Unrushed Hour with Sister Molly Nicholson, O.P.

“We go, we travel constantly, for our life is a journey and this world, a place of pilgrimage.” This message, inscribed on the foyer wall of the Adrian Dominican Motherhouse, reminds Sister Molly Nicholson, the vice president of Mission Integration for St. Rose Dominican Hospitals’ Siena Campus, of the first seven Sisters who journeyed to southern Nevada to form a healthcare ministry. The Adrian Dominican Sisters became a driving force in providing quality, compassionate care to our community and 62 years later, the Sisters continue to help steer St. Rose Dominican Hospitals’ ministry. *WomensCare* magazine recently spent an unrushed hour with Sister Molly as she reflected on the past, present and future of St. Rose’s journey.

Sister Molly Nicholson reflects on St. Rose’s journey

Hindsight

“I think St. Rose shares a trait with other great organizations ... we are good at forecasting or what we call visioning,” says Sister Molly. “There are different organizational models for visioning — ours is a three-part process of recognizing the hospitals’ purpose and possibilities through hindsight, insight and foresight. St. Rose’s hindsight — our respect for and our ability to draw on our heritage — is one of our real strengths.”

Sister Molly refers to a history book that the hospital published in celebration of its 60th anniversary. An entire page of the book is devoted to the parting wisdom that Sister Mother Gerald Barry, the Mother General of the Adrian Dominican Sisters, gave to the seven Sisters she sent from Michigan to southern Nevada in 1947. As the women religious boarded a train heading west, she simply said, “Now just go and do God’s will in the new place.”

Sister Molly has always been intrigued by Mother Gerald’s statement.

“I don’t think Mother Gerald knew God’s will for St. Rose or what challenges and opportunities the young Sisters would face in southern Nevada,” says Sister Molly. “She did, however, know the training, the commitment and the hearts of the Sisters she selected. She knew that their true desire was to serve God and that they would do so by providing compassion and medical care to all those in need.”

“I believe that is God’s will for each of us — to help us realize our hearts’ deepest desires for good,” adds Sister Molly.

Today, St. Rose Dominican Hospitals is an organization of more than 3,300 co-workers who come from different places and have a variety of faiths.

“Our diversity is something to be celebrated,” she says. “Our administrators



and staff may not share one religion — or even one God — but (I believe that) we are all innately spiritual beings able to provide compassionate care because of our relationship to God or the ‘goodness’ in each situation.”

Sister Molly feels that the hospitals’ physicians, nurses, clinicians and administrative staff all relate to the good works of the Sisters.

“Our people are stirred by the fact that our Sisters served many and varied roles — as hospital administrators, care providers, cooks and cleaners — so willingly and so well,” she says. “Their sense of purpose and passion paved the road for our Rose de Lima Campus to become the first hospital in southern Nevada to be accredited by the Joint Commission on Accreditation of Healthcare Organizations.

“Our history is deeply moving, and it is still relevant today because it invites us to recognize the difference each of us can make if we are attentive to our own calling,” says Sister Molly.

Insight

Sister Molly shifts gears to the present and says, “I am not, as most of the first Sisters were, a nurse or medical technologist. My background is in psychology and spiritual formation so I play more of a big-sister role. I am here to be present to our employees, offer support, serve as a resource and act as an educator who helps continually cultivate our mission and values.”

One of Sister Molly’s favorite concepts to discuss with employees is the importance of intimacy for which she offers a short, creative definition: Into Me See. “Patients expect us to treat them, but they also desire to be truly recognized – to be seen for who they are and for what they are experiencing,” she says. “Intimacy is the exchange that happens when a nurse recognizes a patient’s anxiety and holds their hand while quietly talking them through a procedure...or when a housekeeper notices that a patient hasn’t had many visitors so they take a few extra minutes to chat with and learn about the patient while they are cleaning the room.”

“Taking the time to recognize others is the main gift our employees have to give – that we all have to give – in our relationships. In a healthcare setting, it’s vital because it’s that which helps others feel whole and healed, emotionally and spiritually,” says Sister Molly.

Sister Molly believes St. Rose’s employees are good at recognizing their patients, but she also is highly conscious that our society has become so fast-paced that people must often rush from pillar to post without time to stop in the present moment.

“Technology is allowing us to live our lives and do our jobs with incredible speed,” she says. “If, for instance, you have a heart attack today, your paramedic may be equipped to perform an on-the-spot EKG that can be electronically forwarded to an emergency room so that during your transport, doctors and nurses can be assembling medications, medical equipment or even a surgical suite to treat you.”

In the midst of delivering such state-of-the-art medical care — or even a seemingly simple blood draw — Sister Molly says that healthcare professionals must have time to be present to patients, to recognize them and to, in some way, let them know that they are not alone on the road they are traveling.



Do You Have a Few Moments to Have a Cup of Mindfulness Tea?

In the age of multitasking, do you give yourself time to slow down and be fully present – in the here and now – without worrying about the past or planning for the future?

Sister Molly suggests setting aside five to 10 minutes a day to enjoy a cup of mindfulness tea. “Tea has wonderful health properties and the process of brewing and sipping it can be quite relaxing,” says Sister Molly. “After making a cup of tea, find a quiet place to sit, hold the cup and allow the tea — and your own mind and body — to settle. As you feel the warmth of the cup in your hands and smell the tea’s aroma, take time to focus on breathing deeply and just ‘be’ rather than ‘do.’ A little luxury such as this is a great way to relax, relieve stress, boost your immune function and achieve a heightened sense of inner well-being.”

Working in a hospital is, by the very nature of the work, often rushed and stressful, and Sister Molly admires St. Rose’s staff and other healthcare professionals for how much of themselves they give to their work.

“I encourage employees to find their own personal time,” she says. “It’s important that each person be present to himself or herself, because it’s not possible to give what we ourselves don’t have.”

Sister Molly often suggests one of her favorite reflection tools to employees.

“Traveling to and from work each day is often the only time each of us has alone to reflect on our day,” she says. “I suggest that when you get into the car on your way home each day, you place the keys in the ignition and then pause before putting the car into drive. During that pause, ask yourself two simple questions. First, “Whose life did I make a difference in today?” And second, “Who made a difference in my life today?”

If, at first, answers don’t immediately come to mind, Sister Molly doesn’t recommend sitting in your car in a dark parking lot waiting for them; however, she says, “When you take time to be contemplative and to realize that your greatest gift is being present to others, you begin to notice when you have taken the time to see others and when others have recognized you — and it can replenish your spirit and energies as you transition into the next phase of your day.”

Foresight

While speaking about driving, Sister Molly references one of the first rules of drivers education.

“We must keep our eyes on the road in front of us,” she says. “If we’re constantly distracted by everything that is around us, we may lose sight of the direction in which we are traveling.”

Thus, each year, Sister Molly and the Mission Integration leaders

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Sixth Annual **Library Tree Lane**

*November 17 to
December 4, 2009*

Paseo Verde Library in Henderson

*Gala Reception
and Auction*

December 4, 2009 from 7pm to 10pm

\$25 tickets at the door. Call 492.6584 to RSVP.

Presented by



LIST OF FREE EVENTS

Holiday Chat with Author Robyn Carr

Friday Nov. 20 at 12 p.m.

Interact with a NY Times Bestselling Author.

Holiday Pajama Story Time

Monday Nov. 23, 6:30 p.m. to 7:15 p.m.

Wear your pajamas and bring your favorite stuffed toy.

Listen to holiday stories and sing songs.

Funny Holiday Stories

Tuesday Nov. 24 at 10 a.m. & Saturday Nov. 28 at 10 a.m.

For families with children 0-5 years. Stories and songs exploring the silly side of the season.

Holiday Movie

Saturday Nov. 28, 2:00 p.m. to 4:30 p.m.

Join us for a Disney princess holiday film. Prince/princess attire encouraged.

Holiday Jolly Make & Take Crafts

Monday Nov. 30 & Wednesday Dec. 2, 6:30 p.m. to 7:30 p.m.

For children ages 3-10 years. Enjoy creating fun holiday crafts.

T'was The Night before Christmas

Tuesday Dec. 1 at 6:30 p.m., 7:00 p.m. & 7:30 p.m.

For families with children of all ages. Enjoy a classic holiday poem and a puppet play. See Santa and his elves with hot cocoa and cookies for all!

Christmas Carol Karaoke

Thursday Dec. 3 at 6:30 p.m. to 7:30 p.m.

Enjoy singing Christmas carols with the whole family on the big screen.

Christmas with Froggy

Friday Dec. 4 at 10 a.m. to 11 a.m.

For children ages 3-7 years. Listen to stories, do a craft and meet Froggy.

Donuts with Dad

Saturday Dec. 5 at 10:30 a.m. to 11:30 a.m.

Donuts served and listen to stories, then make a gift for mom.

Complete details posted in Henderson Libraries & at www.hdp1friends.org
Event times and dates are subject to change and are limited by capacity.
Registration required for all events by calling (702) 492.6581.

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at the Rose de Lima and San Martín campuses, organize a mini-retreat for the hospitals' administrators and employees based on St. Rose's values. It's an opportunity, she says, for each staff member to revisit the hospitals' mission and core values and recommit to the ministry of healthcare.

There are times when Sister Molly can tell that a few employees feel inconvenienced or burdened by having to attend the retreats. She admits, "I can empathize with them. Our Dominican Congregation recommends that each Sister take a weeklong retreat each year. Having a full week away from work to reflect sounds great until it's time to go and I realize how much work I am leaving undone and how much work I will need to do when I return."

Sister Molly learned to focus on the spiritual "treats" in "retreat" and tries to help employees do the same.

"We take time away from our typical workday as an opportunity to listen to our God. We slow down, we reflect on how far we — as a team and as individuals — have come in the past year, and we use the opportunity to consider the path before us or the road we are being called to pave," she says.

As *WomensCare* magazine's hour with Sister Molly came to an end, we asked her where she was headed.

"Right now? I've got a meeting. In the future? If you are asking if I can see my retirement in sight ... not yet. We Adrian Dominican Sisters never really retire from our ministry. I guess you might say, 'Adrian Dominican Sisters don't retire, we retread,' she says. "This is the most exciting job I've ever had, and I am energized by it daily. I've been thinking about the 10th anniversary of our Siena Campus. It's coming up next summer, and one of the things I want to assist with is planning something special for the celebration." **WC**

10-5, GOOD BUDDY!

You may be familiar with the old CB radio term, "10-4, Good Buddy," which was a friendly term used to mean you recognize what another radio user said. Today, St. Rose encourages a 10-5 concept as a simple way of being friendly and customer service-oriented in a fast-paced work world. When someone is approaching you at your workplace (or you are approaching them), try making eye contact — a visual connection — with that person when they are within 10 feet of you. When they are within 5 feet of you, recognize that person in some other way — a smile, nod or verbal greeting.

SAINT THERESE FOOD DRIVE

When Sister Molly Nicholson came to St. Rose 10 years ago, the Rose de Lima Campus was being remodeled and the Siena Campus was not yet open. As such, there was no office for her within the hospital. Until her office was ready, she worked out of the Saint Therese Center on the Rose de Lima Campus.

"I got to see firsthand how many individuals and families the Saint Therese Center is able to assist through the community's donation of food and clothing." The Saint Therese Center is holding its annual food drive to help individuals and families affected by HIV/AIDS in need make it through the holiday season. If you are able to lend your support, canned goods can be dropped off at any of the three St. Rose campuses.

INTIMACY!
INTO Me See!

Give a Little. Get a Lot.
VOLUNTEER.

ADRIAN DOMINICAN SISTERS
**DON'T RETIRE,
THEY RETREAD**

WHAT'S YOUR BUMPER STICKER STATEMENT?

Test your creativity with this verbal brain challenge. Write a bumper sticker statement of no more than seven words that sums up something about your life: your personal credo, the story of your life thus far, a new direction you are headed, a favorite memory, a goal or an accomplishment. It will test your brain's ability to think clearly, creatively and concisely.

Example: Sister Molly offered two bumper sticker statements while being interviewed by *WomensCare* magazine. The first was INTO ME SEE to describe what people truly crave, and the second was her tongue-in-cheek explanation of why Adrian Dominican Sisters continue to work or volunteer after retirement. It was, "Adrian Dominican Sisters don't retire, they retread."

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.



2598 Windmill Pkwy.
(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.
Or just stop by and visit us at one of our Optical Shops.**

Same day appointments available • Se Habla Español



SIGN UP! Register for a WomensCare class during November or December and you'll be automatically entered to win one of 10 brain teasing games given away courtesy of ThinkFun®.



Rev Up Your Brain!

Play Mind Games - Your mind is a muscle that can be exercised by engaging in classic brain games, such as Boggle and Scrabble, and newer brain benders, such as RushHour — a WomensCare favorite from ThinkFun®. This seemingly simple game (pictured above) tests your ability to get a little red car out of various traffic jams. Sign up for a WomensCare class during November or December and you'll be automatically entered to win one of 10 ThinkFun® brain games.

Map Out New Routes - If your daily drive takes you down the same roads, map out and travel new routes to your destinations and enjoy the change of scenery — and a new restaurant or store — along the way.

Fuel Your Brain - Your brain is the control center for your body's central nervous system. Eat foods that are known to fuel and protect your brain's circuitry, such as avocados, blueberries, broccoli, orange juice, salmon, tuna, walnuts and green tea. Chocolate is also on the list of brain food, but keep your calories in check. A reduced caloric intake has been linked to a lower risk of mental decline in old age.

Use Your Search Engine - According to *Prevention* magazine, UCLA scientists found that Internet searching uses neural circuitry

that's not activated during reading — but only in people with prior Internet experience. MRI results showed almost three times more brain activity in regular Internet searchers than in first-timers, suggesting that repeatedly searching the Internet — whether it's to research historical topics, read the latest movie reviews or ferret out the best vacation deals — can build cognitive strength over time.

Exercise Your Mind - You don't have to engage in activities as strenuous as running to jog your memory. Moderate exercise, such as walking 30 minutes a day several times a week, may help ward off memory loss.

Wear a Helmet - Protect your head when taking part in activities such as bicycling, skiing or riding a motorcycle or ATV and promote helmet safety among children. A moderate to severe head injury suffered early in life increases a person's risk of cognitive impairment in old age. Concussions increase your risk by a factor of 10.

Steer Your Blood Pressure, Blood Sugar and Cholesterol in the Right Direction - High blood pressure, diabetes and high cholesterol all increase your risk of cognitive decline in old age. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress and eat right. **WC**

VOLUNTEER TO IMPROVE YOUR BRAIN

Recent research indicates that volunteering may give your brain a boost by:

- challenging your mind to develop new skills, take on new tasks and test executive functions (judgment, decision making, reasoning) you may not routinely face at home or at your current job
- keeping you socially connected and interacting with others, which can improve your mental health
- making you feel good about yourself by feeling useful, which is good for your emotional health

In addition, recent research has shown that traumatic brain injury survivors who report being active through work, studies or volunteering, demonstrate a significantly higher level of psychological adjustment than people who report no activity. Even among participants who were unable to return to work and were placed on long-term disability leave, those who reported engaging in volunteer activities presented significantly better psychological functioning than participants who were not active.

november · december · january

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

index

health & wellness

exercise & fitness

nutrition

screenings

integrative medicine

safety & injury prevention

health conditions

smoking cessation

programas en español

support groups

breastfeeding

pregnancy & childbirth

infants, children & parenting

location abbreviations

COND - Siena Campus - Conference Room D

FTF - Family to Family Center, Henderson

HEND - WomensCare Center, Henderson

HH - St. Rose Home Health, Henderson

MAC - Siena Campus - MacDonald Room, Henderson

RAN - Rose de Lima Campus - Annex, Henderson

RDL - Rose de Lima Campus, Henderson

RDR - Rose de Lima Campus - Rose Room, Henderson

SAN - San Martín Campus, Las Vegas

SGR - Siena Campus - Garden Room, Henderson

WEST - WomensCare Center, Las Vegas

health & wellness

Sun, Moon & Stars – You Can Have It All!

Create an inspired life by exploring all aspects of good living!

Saturday, Nov. 14; 9 a.m.-noon – Giving Thanks

Saturday, Dec. 12; 9 a.m.-noon – Holiday Creativity

Saturday, Jan. 9; 9 a.m.-noon – Mind Mapping

SAN: \$30 per session

Wellness Spa Party

Treat yourself to 'Back Again' mini massage, reflexology, hot stones, mini facials, paraffin treatments, peppermint feet and healthy snacks.

Wednesday, Nov. 18, Wednesday, Dec. 16, Monday, Jan. 4; 6-8 p.m.

HEND: \$20

Tuesday, Nov. 17, Tuesday, Dec. 15, Tuesday, Jan. 5; 1-3 p.m.

WEST: \$20

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 616-4902 for appt.

HEND: WEST:RDL:SAN

Transitions

Over 50? Get help navigating life changes related to retirement, marital status, family issues and health concerns.

1st Tuesday – Nov. 3, Dec. 1, Jan. 5; 2-3 p.m.

HEND

Healing With Rhythm Drum Circle

Bring a healthy food item to share.

Fridays – Nov. 6 & Jan. 8; 6:30-8:30 p.m.

HEND

Laughter Club

Join Linda Gardner, certified laughter leader, to laugh your way to good-hearted living.

2nd Wednesday – Nov. 11, Dec. 9, Jan. 13; 6:30-8 p.m.

SAN

Fiscally Fit

Join the Financial Planning Association of Nevada for monthly lectures to get your finances in shape!

Tuesday, Jan. 12; 6-8 p.m. – Goal Setting, Cash Flow & Spending Plan

Tuesday, Feb. 9; 6-8 p.m. – Investment Basics & Retirement Planning

Tuesday, Mar. 9; 6-8 p.m. – Risk Management & Insurance

HEND

Knit To Heal

Knit prayer shawls for patients and loved ones. Yarn donations appreciated!

2nd Thursday – Nov. 12, Dec. 10, Jan. 14; 10:30 a.m.-noon

HEND

2nd Thursday – Nov. 12, Dec. 10, Jan. 14; 1-3 p.m.

WEST

Labyrinth Meditation Programs

Find peace, clarity and creativity through themed walks and activities.

Friday, Nov. 13; 3-4 p.m. – A Walk of Thanksgiving

Friday, Dec. 11; 3-4 p.m. – Celebrate Joy

Friday, Jan. 22; 3-4 p.m. – New Year-New Energy

SAN – Labyrinth (next to ER)

Balancing Energy Fields

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

2nd Tuesday – Nov. 10, Dec. 8, Jan. 12; 6:30-8:30 p.m.

WEST

Relaxation Meditations

Practice techniques that promote peace and good health.

Mondays – Nov. 16, Dec. 7, Jan. 11; 6-7 p.m.

HEND

Wednesday, Dec. 2; 6:15-7 p.m.

Wednesday, Jan. 13; 4-4:45 p.m.

WEST

Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.

Tuesday, Nov. 17; 1:30-3:30 p.m. – The Journey of Life – Are You Stuck?

Tuesday, Dec. 15; 1:30 p.m.-3:30 p.m. – Feel Your Worth – Don't Sell Yourself Short

Tuesday, Jan. 12; 1:30 p.m.-3:30 p.m. – Soul Care – Keep the Fire of Life Burning

HEND

Medicare Open Enrollment

Sign up or review your current Medicare Drug Plan.

Tuesday, Nov. 17 or Dec. 8; 9-11 a.m.

HEND



FallCalendar

of classes and upcoming events

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.
Wednesday, Nov. 18; 1-4 p.m.
HH

Tea & Talk Book Club

Call 616-4900 for monthly book titles.
3rd Thursday – Nov. 19, Dec. 17, Jan. 21; 2:30-3:30 p.m.
HEND

Alzheimer's Association Lectures

With Christine Terry.
Thursday, Nov. 19; 2-4 p.m. – Holiday Survival Kit
Thursday, Dec. 17; 2-4 p.m. – Alzheimer's 101
Thursday, Jan. 21; 2-4 p.m. – Alzheimer's Research Update
HEND

Medicare ABCs

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.
Tuesday, Jan. 12; 9-10 a.m.
HEND

The Gift Of Giving To Yourself

Gain a spiritual perspective on what it means to be a caregiver. Learn from KellyRose Zuvuya, bio-energetic healer & counselor, self-care tools on how to replenish your energy so you don't drain yourself.
Thursday, Jan. 14; 2-3:30 p.m.
HEND
Thursday, Jan. 28; 6-7:30 p.m.
WEST

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.
Wednesday, Jan. 20; 6-7:30 p.m.
WEST

Girl Talk

Mothers and daughters (10-14 yrs.) join Dr. Carrie Wijesinghe to discuss female puberty.
Thursday, Jan. 28; 6:30-7:30 p.m.
HEND

Help Helping Hands!

Needed: Volunteers to drive Henderson seniors to doctors' appointments, on 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 work force. Call Al Medina at 492-8116 for more information.

exercise & fitness

Vegas Stretch — For The Showgirl In You

Smooth moves to smooth jazz — low-impact cardio focusing on balance, coordination, core, strength and fun!
Tuesdays, Wednesdays, Thursdays – 10-11 a.m. with Jeannine
HEND: \$8 per session or 5 sessions for \$30

Beginner Pilates

Wednesdays – 11:15 a.m.-noon with Janice
HEND: \$5 per session or 5 sessions for \$20

Zumba Latin Fitness

Fridays – 9:30-10:30 a.m. with Diane
Saturdays – 9-10 a.m. with Linda
HEND: \$5 per session or 5 sessions for \$20
Mondays – 6:15-7:15 p.m. with Lucy
Thursdays – 6:15-7:15 p.m. with Lucy
WEST: \$5 per session or 5 sessions for \$20

Beginner Yoga

Saturdays – 11:30 a.m.-12:30 p.m.
HEND: \$5 per session or 5 sessions for \$20

Belly Dancing

3rd Saturday – Nov. 21, Dec. 19, Jan. 16; 10-11:30 a.m. with Linda
HEND: \$5
2nd Saturday – Nov. 14, Dec. 12, Jan. 9; 10:30-noon with Goldie
WEST: \$5

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.
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 5 sessions for \$20
Mondays & Wednesdays – 9-10 a.m. with Justine
WEST: \$5 per session or 5 sessions for \$20

Healing Yoga

Mondays – 5-6 p.m. with Don
HEND: \$5 per session or 5 sessions for \$20
Mondays – 5-6 p.m. with Jen
Wednesdays – 5-6 p.m. with Justine
WEST: \$5 per session or 5 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.
HEND: \$5 per session

Tai Chi

Join Stella Huang to learn the Chinese martial art that creates balance and a sense of well-being.
Beginner - Wednesdays – 1:30-2:30 p.m.
Intermediate - Wednesdays – 2:30-3:30 p.m.
Fan Practice - 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
Beginner - Thursdays – 9-10 a.m.
Advanced - Thursdays – 10-11 a.m.
WEST: First class FREE, \$3 per session or 10 sessions for \$20

Dragon Boat Club Teams

Join a weekly club team to paddle for a purpose at Lake Las Vegas. Call for club sign-ups and practice times.
LAKE LAS VEGAS; \$5 per practice

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 – Nov. 3 (free Open House) through Jan. 12; 5-6 p.m.
Tuesdays – Jan. 12 (free Open House) through Mar. 23; 5-6 p.m.
SAN: 10 weeks \$120
Wednesdays – Nov. 11 (free Open House) through Jan. 20; 9-10 a.m.
Wednesdays – Jan. 20 (free Open House) through Mar. 31; 9-10 a.m.
HEND: 10 weeks \$120
Thursdays – Dec. 3 (free Open House) through Feb. 18; 6:30-7:30 p.m.
MAC: 10 weeks \$120
Tuesdays – Nov. 10 (free Open House) through Jan. 19; noon-1 p.m.
Tuesdays – Jan. 19 (free Open House) through Mar. 30; noon-1 p.m.
RDL: 10 weeks \$120

KICK OFF YOUR SHOES AND DANCE 2010!

Kick off your shoes, celebrate your body and express your soul through movement and fun as we experience eight different styles of dance from the latest of Zumba and Bollywood to Tai Chi and African dance! Refreshments & dance props provided.

Saturday, Jan. 16; 9 a.m.-noon. Call 616-4910 to register.

SAN



november · december · january

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

Cardiac Nutrition

Learn how to eat for your heart's health.

Thursday, Dec. 3; 10:30 a.m.-noon

HEND

Thursday, Jan. 21; 10:30 a.m.-noon

WEST

Fire Up Your Metabolism

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

Wednesday, Jan. 13; 6-7:30 p.m.

WEST

Emotional Eating

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

Tuesday, Jan. 19; 6-7:30 p.m.

WEST

Veggie Soup For The Soul

Learn about vegetarianism: cooking, lifestyles and nutritional considerations.

Monday, Jan. 25; 6-7 p.m. – Getting Started

HEND

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.

Thursday, Jan. 28; 1-3 p.m.

HEND: FREE

Tuesday, Jan. 12; 1-3 p.m.

WEST: FREE

Memory Screening

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

Tuesday, Jan. 26; 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, Dec. 16; 7-10 a.m.

HEND: Listed above

Wednesday, Jan. 20; 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, Jan. 7; 10 a.m.-noon

HEND: FREE

Thursday, Jan. 14; 10 a.m.-noon

WEST: FREE

ROSE TRIMMING DEMONSTRATION

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

Saturday, Jan. 23; join us anytime between 10 a.m.-2 p.m.

SIENA HEALING GARDEN



Vein Lecture And Screening

Join Dr. Irwin Simon and Dr. Eugene Porecca, board-certified surgeons, to learn current updates on nonsurgical treatments for venous and varicose veins. Free vein screening.

Tuesday, Jan. 26; 6-7:30 p.m.

HEND

Thursday, Dec. 10; 6-7:30 p.m.

WEST

Peripheral Vascular Disease Screening

St. Rose Radiology Department will screen you for PVD.

Thursday, Jan. 28; 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.

Se habla español.

integrative medicine

Reflexology Foot Massage

Schedule 30 or 60 minutes with Sarah Wagner. Call 270-6313 or e-mail sarah@barsoles.us to schedule an appt.

Mondays – Nov. 9 & 23, Dec. 7, Jan. 4 & 18; 9:30 a.m.-12:30 p.m.

Fridays – Nov. 6 & 20, Dec. 11, Jan. 15 & 29; 3:30-5:45 p.m.

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

Tuesdays – Nov. 17, Dec. 15, Jan. 12; 9:30 a.m.-12:30 p.m.

Thursdays – Nov. 12, Dec. 17, Jan. 7 & 21; 3:30-5:45 p.m.

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

Craniosacral Massage Therapy

Relieve migraines, sciatica and fibromyalgia pain and encourage natural healing. Schedule 30 or 60 minutes with Marcie Malloy, LMT. Call 616-4900 for appt.

Saturdays – Nov. 21, Dec. 5, Jan. 23; 10:30 a.m.-2:30 p.m.

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

Saturdays – Nov. 14, Dec. 12, Jan. 9; 10 a.m.-2 p.m.

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

Healing Touch Intro

Explore bio-energetic healing with a spiritual focus.

Monday, Nov. 16; 6-7:30 p.m.

Thursday, Jan. 21; 6-7:30 p.m.

HEND

Thursday, Dec. 17; 6-7:30 p.m.

WEST

Lie Down And Lose Weight With Hypnosis

Bring your own pillow.

Friday, Dec. 18, Monday, Jan. 18; 6-8 p.m.

HEND: \$25 (includes CD)

Tuesday, Dec. 15, Wednesday, Jan. 13; 6-8 p.m.

WEST: \$25 (includes CD)

Pain Management With Hypnosis

Wednesday – Dec. 9; 6-8 p.m.

WEST: \$25 (includes CD)

safety & injury prevention

Heartsaver CPR/AED

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

Saturday, Nov. 7; 10:30 a.m.-2:30 p.m.

Friday, Dec. 4; 1-5 p.m.

Friday, Jan. 22; 1-5 p.m.

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

Tuesday, Nov. 17; 5-9 p.m.

Saturday, Dec. 12; 10 a.m.-2 p.m.

Wednesday, Jan. 6; 5-9 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.

Thursday, Dec. 10; 5-9 p.m.

Saturday, Jan. 9; 10:30 a.m.-2:30 p.m.

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

Saturday, Nov. 14; 10 a.m.-2 p.m.

Thursday, Jan. 21; 5-9 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 – Nov. 9, Dec. 14 or Jan. 11; 9 a.m.-5 p.m.

HEND: \$12 for AARP members; \$14 for non members (check only)

Saturday – Nov. 14, Dec. 19 or Jan. 16; 9 a.m.-5 p.m.

SAN: \$12 for AARP members; \$14 for non members (check only)

Safe Sitter

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

Monday – Dec. 21 or Jan. 18; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

FallCalendar

of classes and upcoming events

Sexual Assault Prevention

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

Saturday, Jan. 16; 10 a.m.-2 p.m.

RAN

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, Jan. 23; 10 a.m.-noon

SAN

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 two-year certification. Call 616-4914 for group on-site training fees and scheduling.

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

health conditions

Diagnosis And Treatment Of Diabetic Eye Disease

Join Dr. Jerry Brown to discuss conditions that may influence diabetic eye diseases.

Wednesday, Dec. 2 or Jan. 6; 6-7:30 p.m.

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.

Tuesdays – Jan. 12 through Feb. 16; 10 a.m.-12:30 p.m.

WEST

Striking Out Against Stroke

Tuesday, Dec. 8; 9:30-10:30 a.m.

WEST

Stroke Support Group

3rd Tuesday – Nov. 17, Dec. 15, Jan. 19; 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 – Nov. 24 & 25, Dec. 29 & 30, Jan. 26 & 27; 5:30-9:30 p.m.

Thursday & Friday – Nov. 12 & 13, Dec. 10 & 11, Jan. 14 & 15; 9 a.m.-1 p.m.

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

Laparoscopic Obesity Surgery

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

Tuesday – Nov. 17, Dec. 15 or Jan. 26; 6-7:30 p.m.

RAN

Lower Cholesterol With TLC (Therapeutic Lifestyle Changes)

Friday, Jan. 8; 9:30 a.m.-12:30 p.m.

HEND

Dash Away From Hypertension

Tuesday, Dec. 1; 9:30-11:30 a.m.

HEND

Breast Cancer Updates

Join Dr. Souzan El-Eid for updates and treatments for breast cancer.

Monday, Nov. 16; 6-7:30 p.m. - Treatment Surgery

Monday, Dec. 14; 6-7:30 p.m. - Radiation

Monday, Jan. 18; 6-7:30 p.m. - Chemo/hormone Therapy

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

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.

smoking cessation

Freedom From Smoking

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

Wednesdays – Jan. 13, 20, 27, Feb. 3, 10, 17, 24 & Monday, Feb. 1; 2:30-4 p.m.

RDL

Mondays – Jan. 11, 18, 25, Feb. 1, 8, 15, 22 & Wednesday, Feb. 3; 5:30-7 p.m.

SAN

Relax And Stop Smoking With Hypnosis

Wear comfortable clothes.

Wednesday, Nov. 25, Thursday, Jan. 7; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Nov. 25, Jan. 27; 6-8 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.

programas en español

Para más información, por favor llame a 564-0896.

¿Necesita A Una Doctor Que Hable Español?

Llame al 616-4999

Nevada Check Up

Los padres pueden reunirse con un representante en relación con la cualificación para el programa Nevada Check Up. 3º martes de cada mes.

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 Senoirita 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.

Fecha- Proyecto de Arte

Cree su propia obra de arte y llévesela a su casa. Etnerprise Library. Conference Room, 25 E. Shelbourne Ave., Las Vegas, NV 89123.



SECOND ANNUAL NEVADA CANCER CONTROL SUMMIT

Healthcare professionals involved in the care and treatment of cancer care are encouraged to attend this annual conference.

Friday, Dec. 4; 8 a.m.-5 p.m.

SAN: \$55 registration fee, if received by Nov. 23. CEUs/CME provided

To view the agenda and register, go to www.medicine.nevada.edu/cme. Please call 775-784-4782 or 877-455-1555 for additional information.

november • december • january

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

support groups

COND - Siena Campus, Conference Room D
FTF - Family to Family Connection, Henderson
HEND - WomensCare Center, Henderson
HH - Home Health, Henderson
MAC - Siena Campus - MacDonald Room, Henderson
SAN - San Martín Campus, Las Vegas
SGR - Siena Campus - Garden Room, Henderson
RDL - Rose de Lima Campus, Henderson
RAN - Rose de Lima Campus - Annex, Henderson
WEST - WomensCare Center, Las Vegas

AA for Women – Mondays, 7:30 p.m. & Wednesdays, 12:15 p.m. **HEND**
AA for Women – Mondays, noon **WEST**
AA Co-ed – Saturdays, 6 p.m. & Sundays, 6 p.m. **RAN**; Thursdays, 6 p.m. **SGR**; 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**
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)
Caregiver Support Group – 2nd Tuesday, 1:30 p.m. **HH**
CCFA – 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. **HH**
Eating Disorders Recovery Support – 1st Saturday, 9:15 a.m. **SGR**
Food Addicts Anonymous – Every Monday, 7 p.m. **SAN**
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, 11:30 a.m. **WEST**
Infertility Support Group – 2nd Monday, 6 p.m. **SAN**
Leukemia & Lymphoma – 2nd Thursday, 6:30 p.m. **HEND**
Multiple Sclerosis Support Group – 3rd Wednesday, 7 p.m. **HEND**
Narcotics Anonymous – Wednesdays, 5:30 p.m. **COND**, Wednesdays, 7 p.m.; Thursdays, 7:30 p.m. **SAN**
Nicotine Anonymous – Wednesdays, 3 p.m. **HEND**
Pregnancy Loss Support Group – 4th Tuesday, 7 p.m. **SGR**
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**

breastfeeding

Breastfeeding Helpline 616-4908

Certified Lactation Consultants or 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

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 breastpumps for purchase.
HEND; WEST

New Mommy Mixer

Mondays – 11 a.m.-noon

FTF

Fridays – 11 a.m.-noon

HEND

Wednesdays – 11 a.m.-noon

WEST

Teen Mommy Mixer

Support group for teen moms and moms-to-be on a monthly basis.

Nov. 12, Dec. 17, Jan. 21; 6-7 p.m.

FTF

La Leche League

4th Thursday – Nov. 19, Dec. 17, Jan. 28; 10-11 a.m.

FTF

pregnancy & childbirth

Log on to www.strosehospitals.org for class dates and more information.

Pregnant And Uninsured?

Call Baby Rose at 568-9074. Pregnancy and childbirth classes are free for Baby Rose participants. To sign up for your classes call 616-4901.

Childbirth Express

This class provides you with the most important information on childbirth education condensed into five hours for those with busy schedules. Join our childbirth instructor and learn more about labor, medical procedures and cesarean birth.

Saturday, Jan. 9; 9 a.m.-2 p.m.

\$35 fee includes prepared childbirth book

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays – 1-2 p.m.

SGR

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 8 sessions for \$20

Mondays – 5:15-6:15 p.m.

WEST: \$3 per class or 8 sessions for \$20

Natural Family Planning

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

Tuesdays, Jan. 26; 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; WEST; 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 8 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

Family Education

Nevada Check-Up

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

3rd Tuesday of the month; 9-11 a.m.

FTF

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 a.m.

FTF

Kickin It With Baby

Teen mamas and mamas-to-be join us for dinner, sharing and education. Earn baby bucks to shop in the baby boutique.

Call Tawanda at 568-9601.

FTF

Cookie Plates & Coco Mugs

Create a keepsake ceramic plate or mug with your child. Wonderful for holiday gifts or just for you. Prices vary and space is limited. Ages birth-48 months.

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

FTF

Baby Buddies — Animals On Parade

Play activities that focus on animals big and small. Ages birth-12 months.

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

FTF

Brain Foods

Join us as we discuss foods that are great for your child's growing brain. Ages 12-48 months.

Tuesday, Nov. 17; 10-11 a.m.

FTF

Love & Logic — Early Childhood Made Fun!

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

Mondays – Nov. 16, 23, 30 & Dec. 7, 14; 4-6 p.m.

FTF: \$25

Tuesdays – Jan. 5, 12, 19, 26 & Feb. 2; 4-5:50 p.m.

WEST: \$35

Wee Can Sign: Baby Sign Language Level I

Parents and babies (birth to two years) learn ASL sign language.

Thursdays – Nov. 19, Dec. 3, 10, & 17; 11:30 a.m.-12:30 p.m.

Saturdays – Jan. 9, 16, 23, 30; 10:30-11:30 a.m.

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

Fridays – Jan. 8, 15, 22, 29; 1:30-2:30 p.m.

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

For more information, log on to www.WeCanSign.com

Sing And Sign: Baby Sign Language Level II

For parents and baby graduates of Baby Sign Level I (up to 3 years old).

Saturdays – Jan. 9, 16, 23, 30; noon-1 p.m.

WEST: \$78 (includes Pick Me Up kit)

For more information, log on to www.WeCanSign.com

Picky Eaters Club!

Have a picky eater? Learn helpful tips to get them to eat healthy.

Ages 12-48 months.

Friday, Nov. 20; 2-3 p.m.

FTF

They Attack While We Sleep — Toddler Bedtime Routines!

Learn helpful tips on putting an end to bedtime battles.

Ages birth-48 months.

Thursday, Dec. 3; 2-3 p.m.

FTF

Planes, Trains, Automobiles — Traveling With Baby

Join us as we discuss helpful safety tips while traveling with baby.

Ages birth-12 months.

Monday, Dec. 7; 10-11 a.m.

FTF

Cookies With Santa!

Mix and mingle while the little ones decorate gingerbread men, make a craft and receive a keepsake photo with Santa! Ages birth-48 months.

Thursday, Dec. 10; 5-7 p.m.

RDL: \$5 for pictures with Santa

Safety First: Baby Proofing Your Home

Join our safety management instructor for a class on how to find potential hazards in your home and be prepared for household emergencies.

Tuesday, Jan. 5; 6-8 p.m.

HEND

Toddlers And Winter Sniffles

Learn home remedies for the common cold. Ages 12-48 months

Wednesday, Jan. 6; 2-3 p.m.

FTF

Infant Massage

Join a pediatric physical therapist to learn about the benefits of infant massage for you and your baby. Ages 2 weeks to 12 months. Bring a small blanket or towel to class.

Wednesdays, Jan. 13, 20, 27; 6-7:30 p.m.

HEND: \$35 includes grape seed oil and handouts

Busy Moms Network

You cannot add more hours to your day, but you can gain a sense of balance and peace of mind. Learn how to keep parenting a priority while juggling other responsibilities. Children welcome to attend.

1st and 3rd Saturdays, starting Jan. 16; 2-3 p.m.

HEND

Happy Parent, Happy Child!

Learn how to enjoy your kids more and lower your stress level.

Ages birth-48 months.

Friday, Jan. 29; 10-11 a.m.

FTF



ONLINE REGISTRATION AVAILABLE for family education classes.

Log on to: strosehospitals.org or call 616-4910.

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$50 - HEND & WEST

Childbirth Express - \$35

Lamaze - \$100

Bed Rest Learning DVD Module - \$50

Teen Prepared Childbirth Class - Free

Refresher Childbirth - \$30

Baby Basics - \$30 - HEND & WEST

Grandparents Baby Basics - \$30 - HEND

Breastfeeding - \$30 - HEND & WEST

Infant CPR - \$20 - HEND & WEST

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

Prenatal Yoga - \$3 per session

Mommy & Baby Yoga - \$3 per session

Sibling Class - \$20/family

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.

SHOP | DINE | LIVE



A BLEND OF NATIONAL BRANDS, UNIQUE BOUTIQUES,
SPECIALTY SHOPS, ENTERTAINMENT AND DINING OPTIONS

THE | DISTRICTSM
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2240 Village Walk Dr. | 1-215 & Green Valley Pkwy.
702.564.8595 | www.shop-the-district.com
An American Nevada Company Address



Become a “Road Scholar” by Using Your Safety Smarts

Avoid driving distractions - Put an end to multitasking behind the wheel. Talking on your cell phone, text messaging, shaving or putting on makeup while driving are dangerous distractions.

Be aware of road conditions - Rocks, oil spills, ice, rain or snow — all of these road or weather hazards require extra caution and slower speeds.

Travel at a safe distance behind other cars - Maintain at least one car-length space between your car and the vehicle in front of you for every 10 miles per hour of speed. Following other drivers too closely, often referred to as tailgating, can increase the risk of a rear-end collision or other accident.

Steer clear of road rage - Reduce your stress on the road by allowing plenty of time for travel, planning your route in advance and altering your schedule or route to avoid congested roads. Remember not to challenge aggressive drivers and stay as far away from them as possible.

Take care of your car - Driving safety also depends on the maintenance of your vehicle. Routinely check that your car's brakes, exhaust system, tires, lights, battery and hoses are in good working order. **WC**

DO PRESCRIPTION DRUGS POSE A DANGER TO YOUR DRIVING ABILITIES?

This is a question you should ask your physician, pharmacist or other healthcare provider. A study conducted by the AAA Foundation for Traffic Safety found that a majority of drivers 55 years old and older who take medication for medical conditions were unaware that certain medications (e.g., ACE inhibitors, sedatives and beta blockers) may impair their driving performance and increase their risk of being in a crash. Even so, only 18 percent of the study respondents received a warning about such risks from a healthcare provider.

IS YOUR TEEN DRIVER INTENTICATED?

According to the Allstate Foundation, young drivers feel that talking and text messaging on cell phones while driving is very dangerous. However, even though studies show that it is as dangerous as, or even more dangerous than, driving drunk 68 percent of teens admit to texting while driving, and 83 percent of teens admit to talking on their cell phone while driving. To curb the number of crashes and fatalities caused by texting teen (and adult) motorists, Nevada's neighbor, Utah, passed a law that penalizes drivers who cause traffic fatalities due to text messaging as harshly as a drunken driver who kills someone. In essence, Utah holds that text messaging while driving is inherently reckless.

There's a lot riding on our safety smarts — like little kids and their big dreams.

Countless kids dream of becoming race car drivers like Tony Stewart, Danica Patrick or locals Kurt and Kyle Busch — all of whom are required to click into safety restraints in order to compete in NASCAR and IndyCar races. To protect our children, Nevada's law states that children who are under the age of 6 and who weigh less than 60 pounds must ride in a federally approved car seat or booster seat that is appropriate for the child's age and weight and is used according to the manufacturer's instructions.



Greg Gex, OB/GYN



Guitta Tabassi, OB/GYN

Sex is a very personal, private matter, but being open with your doctor about your sexual health may improve your health and quality of life.

Sharing Your Sexual Health History

A health history form is like a map of the peaks and valleys in your life’s journey. Taking shortcuts in filling out a form — or providing less than candid responses to your doctor’s questions — may not seem that important but can ultimately compromise the level of healthcare you receive.

Common among the questions patients may bypass on forms — or steer clear of in conversation — are those regarding sexual health.

“Patients may feel too awkward, nervous or rushed to discuss their sexual health history during a routine office visit,” says Greg Gex, OB/GYN. “Religious views, anxiety about past sexual traumas, concerns about their privacy or fear of judgment may also influence a patient’s willingness to talk about their sexual health.”

Why Is It Important To Go Down That Road?

Sexual health is an important health issue. “Sexual health doesn’t simply relate to the absence of an infection or disease or the ability to get pregnant,” says Dr. Gex. “Your sexual experiences — from your sexual orientation, sexual practices and the level of desire, pleasure, comfort, pain or anxiety a woman feels in relation to sex — all have the capacity to influence your overall health and quality of life.”

According to Dr. Gex, an OB/GYN should take a full health history, including a sexual history, at your first office visit and should revisit the topic routinely. He recommends that patients come prepared with a list of questions and concerns to make the most of their appointments and to consider how to voice the same

in the event their doctor doesn’t ask.

“Asking open-ended questions can help start the conversation,” says Dr. Gex. “It allows a physician to talk about what he or she knows regarding a topic and also provides a heads up that you might wish to address the subject on a more personal level.”

Simply admitting that you are nervous about asking sexual health questions can work, too, says Dr. Gex. “Believe it or not, that might be just what your doctor needs to hear. Your doctor may worry that they will offend you by asking questions about your sexual health.”

And what about sexual orientation? Does your doctor really need to know if you lead an alternative lifestyle considering that being a lesbian, for instance, is not a risk factor for disease? Does your doctor need to know if you had an extra-marital affair or that you are recently divorced and dating?

“It’s important to be open and honest about your sexual health history so your doctor can help you make the best decisions for your health,” says Dr. Gex. “But if, for some reason, you aren’t comfortable discussing these matters with your physician, this is when doing some homework to find a doctor you feel comfortable with becomes important.”

Calling a physician referral service, checking out various websites to see if the physicians list their care philosophy or searching the Internet to find a physician other people recommend may help you find a doctor with whom you feel comfortable sharing your sexual health history. **WC**

PAST SEXUAL ASSAULT: WHY YOU SHOULD TELL YOUR DOCTOR

Approximately one in six women will be sexually assaulted through rape, abuse or incest in their lifetime; yet as serious and insidious as the problem is, there are several reasons why women may not talk to their physicians about past sexual assaults or note it on their health history form, says Guitta Tabassi, OB/GYN. Protecting one's privacy is a concern. Many women also worry that retelling such information will resurrect feelings of fear, pain, shame or deception. Another frequent reason is that a woman may not realize that there could be a link between a current health condition they are seeking care for and past sexual trauma.

"What women should be aware of is that as difficult as it may be to inform your physician of a past sexual assault, evidence suggests that it may make diagnosing and treating certain health problems easier," says Dr. Tabassi.

The *Journal of the American Medical Association* recently ran a report indicating that a review of nearly two-dozen studies concluded that women who have suffered sexual trauma — whether as an adult or child — are at an increased risk of developing somatic disorders, which are physical symptoms that have no clear underlying physical cause.

"The connection between the mind and body is powerful and the psychological pain of a sexual assault can present itself as a physical problem months, years and even decades after the physical wounds have healed," says Dr. Tabassi.

Some of the somatic symptoms women who have survived sexual assault may experience are gastrointestinal disorders, nonspecific chronic pain and chronic pelvic pain.

"If a patient has chronic pelvic pain and her doctor is aware of a past sexual assault, her pain can be addressed on several levels. The physician can perform exams to rule out physical causes of such pain — endometriosis, fibroids, chronic inflammatory disease or interstitial cystitis," says Dr. Tabassi. "At the same time, the physician can also provide ongoing support and, if the patient wishes to address the emotional trauma that led to her physical pain, possibly counsel her or refer her to a psychologist, psychiatrist or support group."

The travesty of sexual assault is, Dr. Tabassi says, that if a physician isn't aware of the patient's health history and the results of pelvic exams, Pap smears, vaginal ultrasounds or other tests rule out a physical cause, a woman may go through repeated testing or go from doctor to doctor looking for a physical cause for her pain. "The process of trying to find a physical cause for somatic pain can be unnerving, expensive and may ultimately aggravate her condition," says Dr. Tabassi.

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How can patients "break the ice" with their physicians when it comes to sexual health issues?

- Be honest when filling out questions related to sexual health on your health history form and make a notation on the form indicating that you would like to discuss sexual health issues.
- Be prepared to ask your sexual health questions at the beginning of your appointment so your doctor can make the time to address your questions and concerns.
- Start the conversation on a positive note: "I hope you might be able to help me with a concern I have."
- Bring an article, book or educational pamphlet on the topic you wish to discuss to use as an icebreaker with your doctor.
- If your physician seems anxious about discussing your sexual health, don't take it personally. Instead, acknowledge that the subject can be awkward to discuss and make it clear that you need a physician's input on sexual health issues.
- Be persistent. If you don't get the answers or the help you need, ask your physician for further assistance or for a referral to a physician who might be able to address your health needs.

BAD BODY MEMORIES?

RAINN (Rape, Abuse & Incest National Network) uses the term "body memories" to describe how the stress, anxiety or depression a woman holds in her body after a sexual assault can take the form of physical problems that cannot be linked to physical causes, such as infection. These maladies are called somatic disorders. Many people are familiar with the term "psychosomatic symptoms" which does not, as many people think, mean that it is "in your head." Rather, it means that the symptoms are due to the connection between the mind and the body.

BREAST CANCER AMONG LESBIANS.

Being gay, in and of itself, does not put a woman at risk for disease; however, because lesbians are less likely to give birth, they may not receive the benefit of the hormones released during pregnancy and breastfeeding. These hormones are thought to provide some protection against breast cancer as well as uterine and endometrial cancer.

STDs RISE AMONG OLDER POPULATIONS.

Age, it turns out, is not a source of protection for sexually transmitted diseases, such as herpes, chlamydia (an asymptomatic disease that can only be detected through a Pap smear) and HIV/AIDS. The Centers for Disease Control and Prevention indicates that STDs are on the rise among people 50-plus and recently reported that approximately 15 percent of all new HIV diagnoses are among the over-50 set for both men and women.

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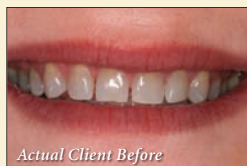


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PROTECT YOUR HOLIDAY SWEET TOOTH

If your idea of celebrating the holidays includes indulging your sweet tooth, Dr. Patrick Simone, DDS, recommends enjoying holiday treats, such as hot cocoa, chocolates, candy canes and sugar cookies, as part of a main meal (not as your primary meal, however).

"Studies have shown that people who eat sweets as snacks between meals have higher incidences of decay than those who eat the same amount of sweets with their meals," says Dr. Simone.

A major cause of tooth decay is the breakdown of refined sugars by bacteria. As the sugars turn to acid, they begin to attack tooth enamel. As such, sipping on sweetened drinks or munching on sweets and carbohydrates throughout the day provides an ongoing source of sugar which feeds decay causing bacteria. Consuming sugary foods with a meal or for dessert has a less detrimental effect because increased saliva flow during meals helps wash away the food. Also, most people brush their teeth after meals.

"If you're at a holiday gathering and don't have a toothbrush handy, eat crunchy fruits and vegetables, such as apples, celery and carrots after consuming sweets. These foods act like little toothbrushes," says Dr. Simone. "Aged cheeses like cheddar, jack or mozzarella also make great holiday foods because aged cheese helps buffer the acid produced by bacteria."

Dr. Simone also suggests drinking a glass of water after consuming sweets to help wash away food particles and bacteria.

Cough, Sniffle, Sneeze ... No Antibiotics, Please!



An antibiotic can be a powerful weapon in the battle against bacterial infections such as strep throat, tonsillitis and pneumonia. If, however, you are coughing, sniffing or sneezing as a result of a viral infection — such as a cold or the flu — rest, fluids and over-the-counter products may be your best first line of defense. Antibiotics do not fight infections caused by viruses, such as colds, flu, most sore throats, bronchitis and some ear infections.

Dangers of Antibiotic Resistance

If you use antibiotics too often for ailments they cannot treat, you may risk developing a resistance to them, which means they may not effectively fight a bacterial infection when you get one. Widespread overuse of antibiotics is fueling an increase in antibiotic-resistant bacteria, which is considered one of the world's most pressing public health problems.

To protect your health and gain the most benefit from antibiotics when you need them, follow these simple tips:

- Do not demand antibiotics when a healthcare provider says they are not needed.
- Do not take an antibiotic for a viral infection, such as a cold or most sore throats.
- Do not take antibiotics prescribed for someone else. The antibiotic may not be appropriate for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
- Do not skip doses if your healthcare provider prescribes an antibiotic for you and do not save any of the antibiotics for the next time you get sick. **WCG**

FLU FIGHTERS

- 1. Get Vaccinated** – The CDC recommends a yearly seasonal flu vaccine as a primary step in protecting against seasonal influenza. While there are many different flu viruses, the seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common. Vaccination is especially important for people at high risk of serious flu complications, including healthcare workers, young children, pregnant women, people with chronic health conditions such as asthma, diabetes, heart and lung disease and people 65 years and older. Seasonal flu vaccines will not protect you against 2009 H1N1 virus, so ask your doctor if you should get a 2009 H1N1 vaccine.
- 2. Practice Good Hygiene** – Wash your hands often with soap and water (or a hand sanitizer) and avoid touching your eyes, nose and mouth, as germs spread this way. Try to avoid close contact with sick people.
- 3. Stop the Spread of Infection** – If you are sick with flulike illness, stay home for at least 24 hours after your fever is gone. (Your fever should be gone without the use of a fever-reducing medicine).
- 4. Vitamin D each day may keep the doctor away** – Recent studies suggest that Vitamin D may also play an important role in immune system function. It can be found in such foods as canned tuna, cereal and fortified milk or juice. The body can also be triggered to produce Vitamin D naturally with brief exposures to sunlight.

BEST PLACES TO WORK

St. Rose Dominican Hospitals was recently selected as a finalist in the “Large” category (500 or more employees) for the Best Places to Work program sponsored by *In Business Las Vegas*, the local business newspaper published by the Greenspun Media Group. Three finalists were selected in each of four categories based on the number of employees.

The Best Places to Work program is a partnership between *In Business Las Vegas* and Quantum Workplace. Quantum conducts workplace surveys in more than 40 cities with a goal of encouraging companies to assess their employees' level of engagement and offer ways to improve their retention rates. The Best Places to Work results are based solely on employee responses to a confidential survey about how their workplace functions as a team, the effectiveness of managers, the organization's alignment with their personal goals, the level of trust with co-workers, the ability to contribute to the organization's success, their satisfaction with their current role and the company's benefits.



Caregiving: An Issue for Aging Parents and Adult Children to Address



Ellie Fear's compassionate voice suits her line of work well. She is a licensed clinical social worker for St. Rose Dominican Home Health & Hospice Services who tends to the needs of aging patients and, quite often, those of their untrained, unpaid full- or part-time caregivers: their adult sons and daughters. The issues caregiving children can face include helping parents handle tasks that enable them to continue living independently; hiring help for a live-in parent while they are at work; coping with the diagnosis of a parent's health conditions and planning for their future care; and handling the stress related to caregiving and meeting parent's end-of-life medical care, if they never communicated their wishes.

Ellie's passion for her work became very personal when, just a week before speaking with *WomensCare* magazine about caring for aging parents, she lost her own father. "My dad was a private, independent man and even at 85, he didn't want to discuss aging and end-of-life issues — they were issues he felt could be addressed down the line. Then, he suffered a massive stroke," says Ellie.

Ellie's father regained consciousness, and with her quick intervention, she made sure he was able to make his medical care, financial and funeral preferences known three weeks before he died. "I feel fortunate that I had the chance to carry out my dad's wishes," she says. "Many children are left with the emotional burden of guessing what medical care and life-sustaining treatments their parents might want."

Ellie Fears (left) is pictured with Beverly William (right), a woman who understands the great weight that losing a loved one places on your heart and soul. She lost her parents and then her husband, followed by a daughter. Each loss became a heavier load on her heart, even though she felt an empty void. "When I was alone with my grief and my 'why me?' thoughts, I couldn't find a reason to go on," says Beverly.

Then a friend invited Beverly to a hospice memorial service. "Even though my family members hadn't had hospice care, the hospice representatives were so welcoming, so understanding and so supportive," says Beverly. "I am forever grateful to them. On that day, I stopped dwelling on my losses and instead began giving thanks for the wonderful years I was given with my family. I no longer feel alone — even when I choose to be by myself."

Beverly now volunteers for St. Rose Hospice Services, offering clerical support in the office and providing respite care for the caregivers of terminally ill patients.

The Importance of Having a Healthy Conversation

There are more than 36 million people who are older than age 65 in the United States. Many enjoy good health, while others suffer from illness or injuries that diminish their quality of life. Either way, as these seniors continue to age, all will require increasing amounts of care, and statistics show that the majority of it will be provided by adult children — most typically, daughters who are in their 40s and working outside of the home and still raising children.

Today's seniors worked hard so as not to be dependent on — or a burden to — their children in their older years. Thus, seniors may be reluctant to ask for help, even when their needs are great. Most adult children, on the other hand, consider it a blessing to have the opportunity to spend more time with and give back to the parents who have given them so much; but as light caregiving duties, such as taking dad to doctors' appointments and running his errands, evolve into full-time work, most find they are physically and emotionally underprepared for the demands of this job. *WomensCare* magazine asked Ellie how parents and adult children could work together to address this critical family matter.

WC: How can parents and children address long-term care and end-of-life issues before a health crisis occurs that demands immediate attention?

Ellie: I encourage both parties to take the time to educate themselves about these issues so they can address them in the most positive, constructive way. The Internet is a great resource for information. Many organizations, such as AARP, offer great online tool kits.

WC: When is the best time for families to talk about these issues?

Ellie: Now. A parent may be 70 years old or 70 years young, but the onset of Alzheimer's disease, a stroke or a fall-related injury can quickly change the landscape of his or her life — and ultimately that of their adult children. Be prepared for some resistance. If mom is a 65 year old who walks daily, shuttles grandkids to school and actively volunteers each week, she may not see the need to discuss old age. Likewise, children — even adult children — may take a "let's not go there attitude" if mom or dad try to address the fact that they are edging closer to the end of life.

WC: Can you recommend a fail-proof approach to addressing end-of-life issues?

Ellie: That's difficult since every family's communication style is different. One suggestion I would offer is that adult children complete their own Living Will and put it in place. Going through the process can provide insight into the challenges a parent may face when contemplating who they want to care for them, handle their finances or speak on behalf of their medical wishes, if the need arises. An adult child could also lead into a conversation with their parent with a statement such as, "Mom, I am concerned about who would care for me and the kids if (husband's name) and I were in an accident, so I am setting up a 'What if?' file to make sure we have all the proper documentation in place. This will ensure that family members aren't left to worry about what we would have wanted."



How can friends and family assist an adult child who is an unpaid caregiver for an aging parent or family member with a serious illness or disability?

The holidays are just around the corner and you can assist an informal, unpaid caregiver by giving him or her the gift of ...

- Time – Offer to run errands, drive a care recipient to and from an appointment or stay with them while the caregiver takes a few hours of respite.
- Support – Call or visit often to check on how the caregiver is doing, offer them your moral support and allow them to talk about what they are going through without being judgmental.
- Distraction – If there is someone available to stay with the care receiver for a while, take the caregiver to lunch, to a movie or a holiday concert.
- Simplicity – Consider purchasing a gift card to a restaurant that delivers dinner in order to simplify the caregiver's evening.

From there, a daughter can broach her mother's wishes regarding where she might want to live if she could no longer live independently, what life-saving medical treatments she would want in the event of a catastrophic illness or injury and, when the time comes, whether she prefers to be buried or cremated. This process can, of course, begin the other way — with mom and dad stressing preparedness for the whole family.

WC: What if a parent doesn't suffer a big "What if?" but rather their health and safety slowly decline?

Ellie: It's important to understand "where" your parent is today. Call and visit them often and discuss their healthcare and long-term care wishes. Find out whether or not mom is still able to manage the household bills or if dad is able to get up and down the staircase and prepare meals for himself. Becoming a caregiver is often a slow, gradual process that begins with something such as advocating for mom's medical care needs or arranging Meals on Wheels for dad. Helping a parent get the relatively minor assistance they need early on may enable them to live independently for the maximum amount of time.

WC: What if a parent is diagnosed with congestive heart failure, the early stages of Alzheimer's disease or cancer?

Ellie: The first step is to understand the diagnosis, learn about the condition or disease process and determine what specific challenges your parent faces so you can plan ahead realistically.

I would then suggest inviting your parent, family and close friends to discuss current and future care needs and who can help.

continued on page 25



Star Nursery Prescription:

Dr. Q's Seasonal Gardening Tips

November

Many fall veggies & fruits need to be harvested before frost. November is The key month to check for ripe citrus, gourds, pumpkins, lettuce, spinach and tomatoes. Get them picked before the freezing temps damage them.

Evenings are cool to cold. Water needs are low. Soil temperatures are now below 60 F., as well as daytime highs. Watering should be no more often than once a week for most plants – less for cactus.

December

It is still a great time of year to plant deciduous fruit trees. Peaches, Nectarines, Almonds, apricots and many more thrive here in the desert and love to be planted during our cool season.

Keep plastic out of our landfills – buy a live – cut Christmas Tree & recycle it! Now-a-days real Christmas trees come from tree farms. These actually increase the number of growing trees and help our environment.

January

Now is the time to do a little rose maintenance and pruning. You will find helpful and free seminars at your local Star Nursery. Tips on pruning roses and fruit trees and answers to your questions.

Keep an eye on your irrigation. Freezing weather can cause damage. When night time temperatures get below 25 F. exposed irrigation tubing and devices (like Backflow Preventers) can be severely damaged. Use a Frost-Bite protector to prevent the need for repairs.



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EIGHT CONVENIENT LOCATIONS OR SHOP ONLINE WWW.STARNURSERY.COM



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This meeting will give the caregivers a chance to ask others for assistance. This is also the time to contact organizations — the American Cancer Society, an Alzheimer's association, your parents' church and hospice services — to see what services and support they are able to provide.

WC: What about caregiver stress and fatigue?

Ellie: It is important to keep the caregiver connected to family, friends and the things they love to do. It's easy to assume that no news is good news, but caregivers are often so immersed in their duties that they don't know how to ask for or accept help. So reach out to caregivers routinely. Drop off a meal every week or two, offer to pick up items they need while you're at the store or sit with their parent while they run errands. If you're a family member who lives out of town, make a point to visit for the express purpose of providing the primary caregiver a few days off so they can get some much-needed rest and relaxation.

WC: Why has the issue of caregiving become so critical today?

Ellie: Healthcare has become expensive, our parents are living longer and the average caregiver — the adult daughter — is typically working more and having children later. As a result, our society operates differently than it did in the past. In addition, the number of Americans over 65 years of age is growing at an unprecedented rate. This population segment is expected to double in the next 20 years, which will put today's caregivers on the receiving end of caregiving. The lessons we learn about caring for our parents and keeping ourselves healthy as we do so will go a long way in determining the type of care we receive when we become elderly.

I think Rosalynn Carter said it best when she said, "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers". **WC**

LENDING A HELPING HAND – The St. Rose Helping Hands program assists Henderson residents over 60 with lower income and the frail, elderly or disabled maintain independence by providing transportation to medical appointments and on errands, making reassurance calls to check on their well-being, and giving information and referrals for services not provided by St. Rose. The majority of funding for Helping Hands is provided by grants, donations and other fundraising activities. Clients are asked to contribute a nominal fee based on their ability to pay. For more information about Helping Hands or to volunteer, please call 616-6554.

PREVENTING FALLS – Falls are the leading cause of trauma injuries and hospital admissions among adults age 65 or older and can lead to death, disability and loss of independence. Research has shown that many falls can be prevented by addressing personal risk factors — such as monitoring medications, improving balance and correcting vision problems — and environmental risk factors, including removing tripping hazards and installing safety features, such as handrails.



MY "WHAT IF?" BOX ESSENTIALS

Preparing a "What if?" box or file can ensure your medical care and financial wishes are carried out in the event you are unable to speak for yourself — say, for instance, you are in a coma or in the last stages of life. These following documents are "What if?" box essentials:

1. Advance Directives – These documents include: a living will (a legal document spelling out the types of medical treatment and life-sustaining measures you do and don't want); a Durable Power of Attorney for medical care (a legal document that designates an individual — a healthcare proxy — to make medical decisions for you in the event that you're unable to do so); a Do Not Resuscitate order that let's healthcare providers and family know whether or not you prefer to have cardiopulmonary resuscitation if your heart stops or if you stop breathing. You may make changes or modifications to these documents as you wish, thus you should revisit them routinely.
2. Financial Information – Details regarding your bank account(s), mortgage, investments, will, trusts and a Durable Power of Attorney, which allows you to appoint a trustworthy person to help manage your finances and investments.
3. Preplanning Information – Details regarding your wishes upon death and any preplanned funeral, cremation or cemetery arrangements you have made.

If you prefer, you can also file an electronic copy of your living will at www.livingwilllockbox.com, which is maintained by Nevada's Secretary of State's office. This will ensure that a copy of your advance directive will be kept confidential and readily available when needed, to you, your healthcare provider and your healthcare proxy. Visit www.livingwilllockbox.com for more information.

KEYS TO SAFE DRIVING – The AARP Driver Safety Program, a refresher course for drivers 50 and older, has helped millions remain safe on today's roads. The course is designed to help tune up driving skills, address normal age-related physical changes, adjust driving to allow for these changes and qualify for auto insurance premium reductions or discounts. See page 12 for class details.

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Nevada Silverman: A Test of Mettle

On Sunday, November 8, more than 1,000 men and women will compete in the fifth Nevada Silverman Triathlon, an event St. Rose helps sponsor. According to those in the know regarding triathlons, the Nevada Silverman's terrain is considered to be one of the toughest in the world, which is attracting entrants from around the nation and the globe.

Race director Frank Lowery (center) is excited about how quickly the Nevada Silverman Triathlon has become recognized as a race for elite athletes; yet, for him, one of the most rewarding aspects of the event is getting to know participants such as Niccole Cramer and Oscar "Oz" Sanchez, who have faced incredible hurdles and found that they've got the mettle to be triathletes.

WomensCare magazine asked Niccole and Oz to share their ideas on how people looking to get fit can get started and stay focused on their goals.

Niccole Cramer

One look at Niccole's toned physique and it would be easy to assume that she has been a lifelong athlete. "Not so," she said. "I was never much of an athlete growing up and, in fact, I am more fit and at a healthier weight than I was in high school."

In the years following high school, Niccole got a job, got married and became a mom. As she moved through each phase of her life, she seemed to gain more weight. By the time her younger daughter, Mackenzie, was born, Niccole weighed

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Nevada, the Silver State, has become home to one of the world's toughest triathlons. Pictured below are the event's director, Frank Lowery (center) and Silverman participants Oscar "Oz" Sanchez (left) and Niccole Cramer (right).



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continued from page 27

262 pounds. She knew she needed to do something about her weight, so she set a goal of losing weight and getting fit — and became a triathlete along the way. Here are a few of her recommendations for losing weight and getting fit:

1. Set goals. Niccole set a goal of losing 40 pounds by her sister's wedding date. "My objective was to lose a significant amount of weight, so I set smaller achievable goals along the way to keep me from becoming discouraged and giving up."

2. Make meaningful changes. Niccole's first step toward better health and fitness was joining Weight Watchers®. "A quick-fix diet might have helped me shed pounds quickly, but I was looking to make real, long-lasting lifestyle changes. Weight Watchers helped me lose weight by providing a supportive environment that emphasized eating good foods I enjoy, managing my portion sizes and adopting healthy lifestyle habits such as exercising."

3. Engage in "easy," enjoyable activities. To get moving, Niccole pushed her daughters in a stroller to the park each day. "As a mom with a newborn and a toddler, I did what came easiest. There was no cost, I didn't have to coordinate childcare and I got to spend quality time with my little girls."

4. Discover the inner athlete. As Niccole lost weight and gained confidence, she tried different activities, such as a run-walk combination, then she added swimming. Four short months later, with a new bike and newfound confidence, she signed up and completed the Lake Las Vegas Triathlon in 2008.

5. Switch it up and deal with setbacks. When Niccole's feeling a bit lazy — or finds the weather too hot, too cold or too windy to run or bike outside — she switches up her exercise routine by heading indoors for a workout. "I love Frank's spin classes because they attract a great mix of people — from seasoned athletes to new moms, college students and retirees. Frank has a knack for engaging everyone in the class whatever their fitness level. He keeps it fun and fresh which is really motivational."

Oscar "Oz" Sanchez

Oz's good looks and guts are often compared to that of Dwayne Johnson, the actor and former professional wrestler referred to as the "Rock." "I don't mind being mistaken for a star, I just never wanted to be recognized for my injury," said Oz.

In 2001, Oz, a former Reconnaissance Marine, decided to transfer to the Navy to serve as a Navy SEAL. During his transfer between branches, Oz was involved in a motorcycle crash that severely damaged his spinal cord, leaving him mostly paralyzed from the waist down (he is able to stand and walk short distances with the help of leg braces, a cane and sheer determination). Oz suffered post-injury depression but successfully overcame it by renewing his vigor for life and taking up hand cycling. Last year, Oz hand cycled his way to gold and bronze medals in the 2008 Beijing Paralympics and, as a result, was ready to take on a new challenge of competing as a triathlete. Here are Oz's tips for finding the motivation to get fit:

1. Focus on what you can do. To pull out of his depression, Oz changed his perspective. "It was natural, thus easy, to focus on all I had lost as a result of the crash. As I began to focus on what I could

do, many opportunities opened up for me. I went back to school to pursue my business degree, and I took up hand cycling."

2. Find positive forms of motivation to keep you moving. Oz listens to his favorite hard rock bands when he trains. "Heavy metal music brings out the fierce competitor in me and gives me that extra push to keep going. Find what motivates you to work out — maybe it's getting outdoors as the sun rises, listening to your favorite music from high school or working out with a friend."

3. Define yourself in constructive, encouraging terms. Oz was an avid athlete, and even after his injury, he continued to define himself as such. "If you want to get fit, don't trash talk yourself or downplay your efforts — even if you're just starting out. Make up a positive term that defines your fitness interest, such as "I am a new runner," "I am a walking enthusiast," or "I am a recreational bike rider."

4. Test your mettle. Once Oz got hooked on hand cycling, he began entering races and ultimately earned his way to the Paralympics. "I don't advocate a 'weekend warrior' or 'extreme sport' approach for someone who is just starting an exercise program, but if you're running three or four miles a few times each week, kick it up a notch by participating in a charity 10K run to get a sense of what you're really capable of accomplishing." **WGC**

SILVERMAN 2009 HEALTH & WELLNESS EXPO

Join St. Rose for a day aimed at engaging individuals and family members of all ages in healthy living with health screenings, fitness demonstrations, rock climbing, nutrition seminars, cooking classes and much more. Triathlon specific seminars will be offered; however, this event is open to people of all fitness levels.

Friday, November 6; 12-5 p.m.

Saturday, November 7; from 8 a.m. – 5 p.m.

Henderson Multigenerational Center.

EXERCISE YOUR FUN FACTOR

Have you found a workout routine that's right for you? Think about what you consider fun. If it's dancing, turn up your favorite tunes and dance around the house. If it's playing with your dog, walk him to the park and then play there instead of at home. Is it spending time with your kids? If so, take them on a nature walk or engage them in games like leapfrog, kickball or tag.

"STOP DIETING, START LIVING" IS WEIGHT WATCHERS' MOTTO

Learn about how the Weight Watchers® integrated approach to weight loss can inspire and help you adopt a healthier way of life. Free open house and informational sessions will be held at the WomensCare Centers in November, December and January. Times and dates are listed on page 11.



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Everything's Coming Up Roses!



Left to Right: Kim Moore,
Anthony Marnell and Toni Lee

Anthony Marnell, president of M Resort, stands with Kim Moore (left) and Toni Lee (right), the co-chairs of the 2010 St. Rose Mardi Gras Ball, in front of a wall of gorgeous white calla lilies in the hotel's lobby. But on Saturday evening, February 13, 2010, everything will be coming up roses at the M Resort, the host site of St. Rose Dominican Hospitals' 53rd Annual Mardi Gras Ball.

"Our family's support of St. Rose dates back to when my father served as an architect for an expansion of the Rose de Lima Campus decades ago," says Anthony. "One of the ways we continue our relationship with St. Rose today is through support of the Mardi Gras Ball, our community's longest running fundraising event."

According to Toni and Kim, who are both breast cancer survivors, proceeds from the 2010 gala will benefit women's health services at St. Rose, including the R.E.D. Rose program, which provides breast cancer screenings, diagnosis and treatment services to uninsured women 49 years and younger.

"I was shocked and scared when I found a lump in my breast. It took me a few days to face my fear and call my doctors," said Toni. "Fortunately, I was insured. I can't imagine the added stress a woman with breast cancer bears if she is uninsured. I feel it is my duty and privilege to give my all — and to rally our community's support — for these women."

The Barbara Greenspun WomensCare Centers of Excellence will also benefit from the ball. The centers offer ongoing breast health education and breast cancer support groups and serve as American Cancer Society Quality of Life Centers, which offer cancer patients free wigs and turbans and the Look Good ... Feel Better program that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

"The value of educating women about breast cancer and the benefits of routine screenings can't be understated," said Kim. "Toni and I are living proof that early detection saves lives." **WC**



FASHION ALERT!

WomensCare magazine would like to thank Stella & Dot — the fabulous, affordable jewelry line for smart women with smashing taste — for providing the jewelry worn by the women in this issue of WomensCare magazine. Learn more about Stella & Dot or plan your own trunk show for a girls' night in by visiting the web site of local stylist, Ali Spuck, at www.stelladot.com/ali.

WomensCare would also like to thank Allyse' Bridal for providing the gowns worn by Kim and Toni (above). Located near the corner of St. Rose Parkway and Paseo Verde (just south of I-215), Allyse's Bridal provides modern, modest bridal and formal attire with high style.



St. Rose Dominican Hospitals

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