

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

FALL 2010
ISSUE 47

**STROKE
SURVIVAL –
ACT F.A.S.T.**

**LET'S DANCE!
SEE PAGE 11**

**YOU CAN
DO IT!
MANAGING
CHRONIC
DISEASE**

**EAT BIGGER
PORTIONS
AND LOSE
WEIGHT**



The **BARBARA
GREENSPUN**

WomensCare
Center of Excellence

 **St. Rose Dominican Hospitals**
A member of CHW



Upcoming Promotions

FREE JEWELRY!

October 29th– November 14th, 2010

Receive a Madison Rose Jewelry Case as your gift when you purchase \$100 or more of Brighton product.

(Limit one per customer, while supplies last)

FREE TOTE!

November 29th – December 10th, 2010

Receive a stunning Holiday City Tote when you purchase \$150 or more of Brighton product—perfect to carry all of your merry goodies!

(Limit one per customer, while supplies last)

FREE TRINKET TRAY!

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Receive our elegant glass “Keeper of My Heart” dish as your gift to keep your cherished petite keepsakes in. This gift is yours **FREE** when you purchase \$100 or more of Brighton product.

(Limit one per customer, while supplies last)

*Shown: Joliet Jewelry Collection \$30-\$58;
Joliet Organizer Clutch \$129; Trinity Ring \$62*

The District at Green Valley Ranch 270-0100 • Town Square 369-0963

Fashion Show 731-5929 • Fashion Village at Boca Park 944-8474

Miracle Mile Shops • The Forum Shops at Caesars • The Grand Canal Shoppes at The Venetian

McCarran International Airport - Main Esplanade; C Gates; D Gates

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letter

FROM THE PRESIDENT



Dear Readers,

'Tis the season for giving, so it's likely that you received this WomensCare magazine sandwiched between a stack of holiday catalogs featuring an abundance of gift-giving ideas. I would like to suggest a way to give a truly heartfelt gift. A donation envelope is enclosed in this magazine and although you're under no obligation to make a financial gift to St. Rose Dominican Hospitals or The Barbara Greenspun WomensCare Centers of Excellence, we – as a not-for-profit, religiously sponsored organization – would deeply appreciate your support.

The financial gifts we receive from WomensCare magazine readers mean a great deal to our ministry because they affirm that we are meeting or exceeding the expectations of our community and, most importantly, that we are touching people's lives in a significant way.

Gifts to St. Rose – whether big or small – can be given in the way that is most meaningful to you. You may choose to give a gift to honor a patient we have cared for, to thank St. Rose or WomensCare staff members for their compassion, to help the hospital fund equipment and technologies or to support community outreach programs such as WomensCare Centers, Helping Hands, R.E.D. Rose or Positive Impact which improve the lives of our neighbors in need.

Thank you for your consideration of this appeal. We appreciate our community's spirit of giving, and we will put all of the gifts we receive to good work making southern Nevada a healthier place to call home.

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

coverstory

JENNY'S HEALTH IS BACK ON TRACK!

Jenny had a stroke last May but thanks to the care she received at St. Rose, she made a full recovery. Learn more about stroke on page 4.

2ND ANNUAL ROSE REGATTA!

St. Rose Dominican Hospitals is grateful to the individuals, teams and organizations that made our 2nd Annual Rose Regatta Dragon Boat Race and Festival at Lake Las Vegas a success. We thank you for paddling for a purpose – to help raise funds for breast health services provided by our hospitals. Check out photos and videos of the festival on Facebook and YouTube. Look for details on next year's Rose Regatta in our next issue of WomensCare magazine.



¡GRACIAS, HARRAH'S!

St. Rose Dominican Hospitals thanks Harrah's Foundation for its continued support of our hospitals' Hispanic Community Outreach Initiative which funds the award-winning Spanish WomensCare magazine, a Spanish-speaking physician referral line, ongoing education and community outreach events for Spanish-speaking individuals and families. St. Rose will publish its fourth annual Spanish WomensCare Magazine in 2011.

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.



St. Rose Dominican Hospitals

A member of CHW

LET'S STAY IN TOUCH!





Bob and Jenny Burd

Stroke: As Serious as a Heart Attack?

Jenny Burd was 45 minutes into her morning power walk when her vision started to fail and her head began to throb. She thought the “episode” was something minor but her husband, Bob, recognized that she needed immediate, emergency medical care. His sense of urgency in seeing that she got to St. Rose Dominican Hospitals-Siena Campus allowed the stroke team to diagnose and treat her stroke during its initial stages. As a result, Jenny suffered no lasting side effects and is back to her normal exercise routine.

Hearth disease is the leading cause of death in the United States, but the third-leading cause of death – stroke – can be every bit as devastating. In fact, in the time it takes to read the first two paragraphs of this article, someone in the United States will suffer a stroke that results in a disability, and in the time it takes to finish this story, stroke will claim someone’s life. While bypassing this article can’t change these unsettling statistics, reading it with a preventive mindset might, says Dr. Scott Selco, director of the Siena Campus Stroke Center, a Joint Commission Certified Primary Stroke Center. That’s because stroke is a leading cause of avoidable disability and death.

Each year, about 780,000 new and recurrent strokes occur in the United States. Nearly 145,000 strokes result in death, and more than 2/3 of stroke survivors will experience some degree of disability. There are, however, important steps that can be taken to lessen the devastation of stroke. The first is to become educated about stroke and adopt lifestyle habits that reduce your stroke risk. The second is to recognize the warning signs of stroke and what steps to take if you experience – or you witness someone experiencing – the symptoms of stroke.

Understanding Brain Attack

To grasp what a stroke is, Dr. Selco recommends picturing it as the brain’s version of a heart attack given that both events occur when the flow of oxygen-rich blood is unable to reach its intended destination. “The brain cannot store oxygen, so when its oxygen supply is blocked, nerve cells soon begin to suffer and stop working properly – and so do the parts of the body they control,” says Dr. Selco.

There are two main types of stroke: ischemic and hemorrhagic. Ischemic strokes, which account for 83 percent of brain attacks, occur when blood flow to a part or parts of the brain is stopped by a blockage in an artery or vessel. Hemorrhagic stroke is far less frequent but more deadly and occurs when a weakened vessel tears or bursts causing blood to leak into and around the brain. Fleeting stroke symptoms, known as Transient Ischemic Attacks (TIAs) or “warning strokes” are one of the most important warning signs of a potentially more damaging or deadly stroke. These stroke episodes or symptoms can last anywhere from a few minutes to a couple of hours.

Living Defensively

According to the National Stroke Association, 80 percent of strokes are preventable. The first line of defense is recognizing your risk factors (most can be determined during a routine physical exam performed by your doctor) and making healthy lifestyle choices. Here again, there are strong similarities between heart attack and brain attack, so Dr. Selco says, “If you live a heart healthy lifestyle that protects the arteries and vessels that feed the heart, it can also stop the build up of plaque and blockages along vessels that nourish the brain.”

Eating a balanced, nutritious diet, engaging in regular exercise, avoiding excess alcohol or smoking and managing health conditions like hypertension and diabetes can reduce the likelihood of stroke.

While it’s never too late to adopt healthy lifestyle habits, it’s also important to know what to do in the event of a stroke. Regrettably, most people are better acquainted with the side effects of stroke than they are the symptoms. This dilemma is underscored by recently published research conducted by HealthyWomen (a national non-profit that WomensCare often partners with to obtain quality health information and education). The study found that only 27 percent of the women surveyed could name more than two of the six primary stroke symptoms, which include: numbness, weakness or paralysis in the face, arm or leg (especially if the symptom occurs on only one side of the body); blurred or decreased vision; sudden and severe headache; difficulty speaking or understanding simple statements; and dizziness, loss of balance, or loss of coordination, particularly if coupled with another primary symptom.

The HealthyWomen report also indicated that women underestimate their own stroke risks and overlook warning signs. This



What should a person (or bystander) do if they believe they are having a stroke?

A: Call 9-1-1 immediately and tell the operator that you believe you – or another person – are having a stroke and need to get to a primary stroke center. If you are not sure if it's a stroke, remember this acronym:

ACT F.A.S.T.

An immediate response to stroke symptoms – your symptoms or those of another person – is critical to surviving and surpassing brain attack. Use the F.A.S.T. test to recognize and respond to stroke symptoms:

FACE Facial droop/uneven smile

ARMS Arm numbness/weakness

SPEECH Slurred speech/difficulty speaking or understanding

TIME Call 911 and get to the hospital immediately

is disconcerting news considering that 425,000 women suffer from stroke each year, 55,000 more than men.

Acting F.A.S.T.

St. Rose's Primary Stroke Center staff and the Barbara Greenspun WomensCare Centers of Excellence are working to improve the community's response to stroke by promoting "Act F.A.S.T." an educational acronym that lets people know what warning signs to look for (See Act F.A.S.T., right) and what actions to take. The "T" in the acronym F.A.S.T. stands for time.

The importance of immediately responding to brain attack can't be overemphasized. Here's why: once an area of the brain is cut off from its oxygen supply, brain cells may begin to die in as few as three to four minutes. As a result, the risk of permanent neurological damage, disabilities related to speech, memory or movement, and death increase with every passing minute.

"I encourage people to react to stroke warning signs with the same sense of urgency that they would react to a heart attack," says Dr. Selco. "Call 9-1-1 at once."

While this advice might sound like common sense, the HealthyWomen study also indicated that reaction times to stroke are generally much slower than the reaction times to heart attacks. One reason for this is that people in the midst of a stroke don't necessarily realize it. They attribute warning signs such as blurred vision or trouble walking to fatigue and opt to rest rather than call for a 9-1-1 rescue.

There is also a widespread misconception that stroke is a sudden event – like getting struck by lightning – and that the brain damage it causes is irreparable. "Advancements in imaging technologies such as CT and MRI have shown us that stroke is a 'progressive' attack," says Dr. Selco. "In some cases, the damage can be limited or to some degree reversed if stroke is diagnosed and treated soon after the brain attack begins. So every minute counts."

Understanding Timing and Treatment

There is a three to six hour window of time during which stroke victims are most likely to benefit from lifesaving – and brain preserving – treatments. On average, however, stroke patients wait 13 hours after onset of symptoms to seek treatment.

"The most effective (ischemic) stroke treatment is a drug called tissue plasminogen activator (tPA) that can be administered intravenously (through a vein) to break up blood clots and restore blood flow to the brain," says Dr. Selco. "The caveat is that patients must be treated with tPA in the first three (and in some select cases, up to 4.5) hours after symptoms arise." Patients who receive tPA within three hours are about 30 percent more likely to have minimal or no disability at three months. However, the effectiveness of tPA treatment wanes if it is not given within the first three hours of the onset of stroke symptoms.

If tPA therapy is not initiated within three hours or the tPA does not sufficiently open a blocked artery, Dr. Selco says that the Stroke Center team has up to eight hours during which clot-busting drugs can be administered in arteries near or directly into the clot.

This treatment, called intra-arterial thrombolysis, can be done by the team's fellowship-trained interventional neurologist or interventional radiologist by using X-ray guidance to insert a catheter in an artery in the groin and advance it through the femoral artery in the leg all the way to the arteries in the brain. Intra-arterial treatment options also include mechanical clot removal, balloon angioplasty and/or stenting.

Recovering From Stroke and Stopping its Recurrence

Just as immediate emergency care is critical to preserving a stroke patient's life and maximum brain function, quickly getting a stroke survivor into rehabilitation therapy is essential to their optimal recovery. Each survivor's rehabilitation plan is individualized, but in most cases, our team of rehabilitation specialists begins working with the patient within 24 hours of their hospital admittance.

"The goal of stroke rehabilitation is to help patients relearn basic skills that the stroke may have taken away and to teach them how to reduce their risk of having another stroke," says Dr. Selco. "Within five years of a first stroke, the risk for another stroke or heart attack increases significantly."

Dr. Selco and the Primary Stroke Center team hope that community-wide educational efforts will help lower the community's overall risk of stroke and death as well as disability attributable to stroke. To do that, he says, they need the community to Act F.A.S.T. **WC**

continued on page 7

People love him. Waterborne bacteria fear him.

Southern Nevada has one of the country's most advanced municipal water treatment systems, and Ron Zegers isn't afraid to use it. Ron and his staff operate the state-of-the-art equipment that kills bacteria and helps our water meet or surpass all federal safe drinking water standards.

If you're considering a supplemental water treatment system, contact the SNWA first. Our experts can give you objective information about credible products.

Go to snwa.com, or call 258-3930.



SOUTHERN NEVADA WATER AUTHORITY



Dr. Scott Selco offers the following information about understanding and addressing your stroke risks.

KNOW YOUR STROKE RISK

Following are uncontrollable risk factors:

Your age. If you're 55 or older, you're at an increased stroke risk, and that risk rises every year as you age. While stroke is common among the elderly, a lot of people under 65 also have strokes.

Your gender. Women are, in recent years, more likely to suffer from stroke than men. They are also more likely than men to die as a result of it. These factors are, to a certain extent, influenced by the fact that women outlive men by about 10 years. In addition, researchers have noted a surge in strokes among women between 40 and 55 that can be tied to metabolic risk factors including increased abdominal weight and diabetes.

Your race. African-Americans are more likely than Caucasians to die from ischemic stroke and Hispanics are more likely to die from hemorrhagic stroke.

Your family history. If you have a close relative, parent, grandparent or sibling who has had a stroke, your stroke risk increases.

Your medical history. If you've already had a stroke, a transient ischemic attack (TIA, or a warning stroke) or a heart attack, you are at greater risk of having a stroke.

Following are several risk factors you can help control:

Manage current health conditions. Controlling conditions such as high blood pressure, high cholesterol, diabetes and obesity can greatly reduce your risk of stroke. Keep in mind that most stroke risk factors can be determined during a routine physical examination at your doctor's office.

Eat right and exercise often. Incorporate a variety of healthy fruits and vegetables into your diet. A diet low in saturated fat, calories and salt can help reduce high blood pressure, high cholesterol and, when coupled with a minimum of 30 minutes of exercise each day, excess weight.

Address potentially addictive habits. Smoking cigarettes (even light cigarettes or new e-smokes) can dramatically increase your risk of stroke particularly among women who also take oral contraceptives. Excessive use of alcohol and the use of illegal drugs are also linked to higher stroke risk.

For more information on stroke, visit strosehospitals.org, stroke.org or healthywomen.org.

6 SYMPTOMS OF STROKE

1. Sudden numbness or weakness on one side of the face or facial drooping
2. Sudden numbness or weakness in an arm or leg, especially on one side of the body
3. Sudden confusion, trouble speaking or understanding speech
4. Sudden trouble seeing in one or both eyes
5. Sudden trouble walking, dizziness, loss of balance or coordination
6. Sudden severe headache with no known cause



THE PRIMARY STROKE CENTER SEAL OF APPROVAL

St. Rose Dominican Hospitals – Siena Campus is certified by the Joint Commission (JC) as a Primary Stroke Center. The Siena Campus' highly-skilled team of medical professionals – including emergency physicians, surgeons, neurologists, radiologists, nurses, therapists and laboratory and pharmacy staff – are specially trained to respond quickly and completely to the needs of a stroke patient.

When a patient comes to the Siena Campus emergency department/Stroke Center with symptoms of stroke, a trained Stroke Team is available around the clock, seven days a week, to evaluate the patient within 15 minutes of arrival. Each patient is evaluated and treated using a uniform, extensive set of guidelines that addresses both emergency treatment and ongoing care; a head CT scan or brain MRI scan can be performed and interpreted within 45 minutes of the stroke patient being admitted; and, a fully functioning medical laboratory is open 24 hours a day, seven days a week to analyze and provide test results quickly.

The underlying causes of stroke will be treated through the use of the latest advances in stroke care ranging from "clot-busting" drugs to non-invasive interventional neurological and radiological procedures and improved techniques for vascular surgery. In addition, a team of rehabilitation specialists will respond to each stroke survivor's individual needs to recoup or rebuild any skills affected.

Seeing Her Smile Is Right Up There With Hearing Her Laugh.



COMPLETE OPHTHALMOLOGY SERVICES INCLUDING:

Cataract Surgery with Advanced Lens Options | Cornea Transplants | Macular Degeneration Evaluation | Pediatric Ophthalmology and Strabismus | Dry Eye Therapy | LASIK&PRK | Complete Eye Exams | Expert Contact Lens Fitting

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A Grateful Point of View

Diane Carlson, the vice chairman of St. Rose Dominican Health Foundation, is chairing the Association of Fundraising Professionals, Las Vegas Chapter's Philanthropy Day on November 18, 2010 (afplasvegas.org for details). The event recognizes fundraising professionals and donors who help raise millions of dollars to support non-profits such as Three Square, Boys & Girls Clubs and St. Rose Dominican Hospitals. Below are Diane's thoughts on supporting St. Rose healthcare ministry.

I am a fundraising professional, but the truth is, my job is very personal. Helping not-for-profits engage people's interest in supporting top notch education and healthcare makes me feel good.

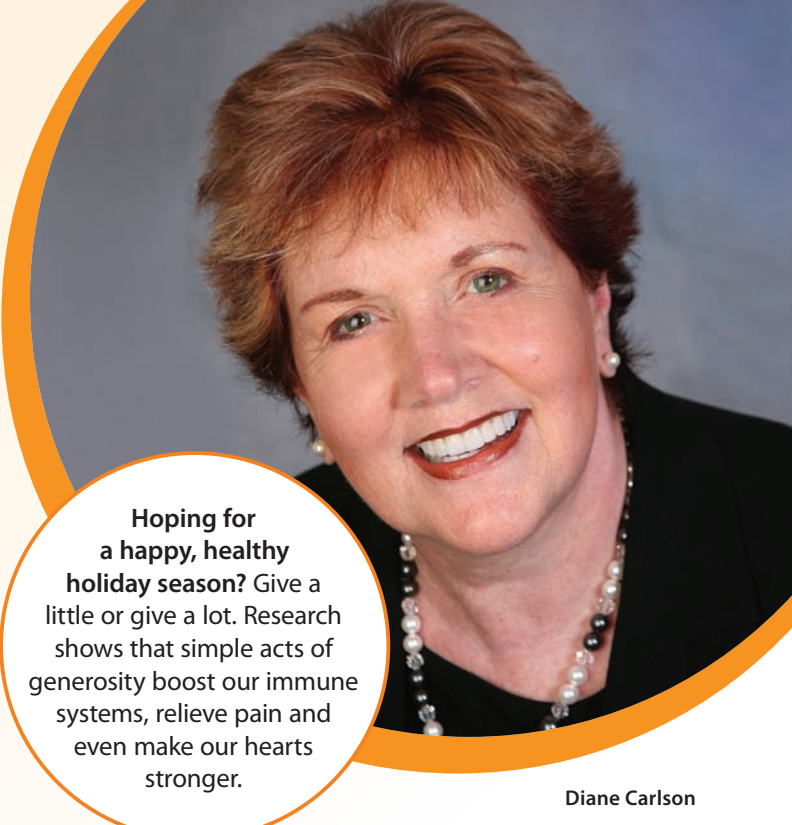
I have served as a volunteer board member for the St. Rose Dominican Health Foundation for 11 years and have often listened to grateful patients share stories of how a delicate brain surgery saved their life or a nurturing lactation consultant helped a mother breastfeed her preemie.

Just two months ago, my husband Bill faced a health crisis. He needed open heart surgery. More than half a million such surgeries are performed in the U.S. each year, but due to Bill's health complications, the surgery carried considerable risks. In weighing our options, more than a few people asked if we were going to fly Bill out of state to a "major medical center" for surgery. He chose, however, to have his surgery at St. Rose Dominican Hospitals – San Martín Campus.

Bill's medical treatment was excellent. The surgeon, the nurses and the support staff were very skilled and incredibly kind, and we took great comfort in being able to stay here in southern Nevada where we could be surrounded by friends and family. I can't imagine the stress Bill might have faced if his surgery had taken place out of state. Staying in a hotel while recuperating – and awaiting medical clearance to fly – would have slowed his recovery considerably.

If you or a loved one have benefited from St. Rose quality, compassionate medical services, health education or community outreach programs in your time of need, I invite you to join me in making a donation of any size to St. Rose's ministry this holiday season. Your gift will help ensure that someone else's need for medical care is met.

A donation envelope is enclosed in this issue of *WomensCare* magazine. If you would like to share your grateful patient story, please send a letter along with your gift. **WC**




Hoping for a happy, healthy holiday season? Give a little or give a lot. Research shows that simple acts of generosity boost our immune systems, relieve pain and even make our hearts stronger.

Diane Carlson

YOUR HEALING GIFT

By using the donation envelopes enclosed in this magazine to make a gift in support of St. Rose, you strengthen our ability to offer high quality, compassionate care to our community through the construction of state-of-the-art, patient-focused facilities, the purchase of cutting edge medical equipment and the funding of programs that help those most in need across all ages and stages of life.

If you would like to make a donation but prefer not to use the enclosed envelope, your gift can be made by credit card online, by fax or by calling our offices. We can also help you make your gift over the course of the year – or if you wish to learn how to create a giving legacy through your estate planning, please call St. Rose Dominican Health Foundation's offices at 702-616-5750.



What does it mean to be a not-for profit and religiously sponsored hospital?

A: The term "not-for profit" can be a bit confusing, particularly because many not-for-profits do make a profit. However, in order to maintain not-for-profit tax exemption status, any revenue that exceeds the organization's expenses must be channeled back into the organization—and not into the pockets of shareholders as is the case in for-profit entities. Religiously-sponsored references the fact that the hospitals were founded by the Adrian Dominican Sisters – and continue to live the vision and core values of the Sisters and Catholic Healthcare West (CHW).

november • december • january

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

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safety & injury prevention

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pregnancy & childbirth

support groups

infants, children & parenting

ongoing family education

location abbreviations

COND - Siena Campus - Conference Room D

FTF - Family to Family Connection, 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. 13, 9 a.m.-noon – Getting Organized for the Holidays
Saturday, Dec. 11, 9 a.m.-noon – Creating Holiday Jewelry
Saturday, Jan. 8, 9 a.m.-noon – Creating a New Year Through Your Vision-Board
SAN: \$20 per session

Senior Peer Counseling

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

Healing With Rhythm Drum Circle

Bring a healthy food item to share.
1st Friday – Nov. 5, Dec. 3, Jan. 7; 6:30-8 p.m.
HEND

Knit To Heal

Knit prayer shawls for patients and loved ones. Yarn donations appreciated! Do you have a friend or loved one who is sick? Stop by the center and pickup a prayer shawl for them.
2nd & 4th Thursdays – Nov. 11, Dec. 9 & 23, Jan. 13 & 27; 10:30 a.m.-noon. Learn to knit or crochet.
HEND
2nd & 4th Thursdays – Nov. 11, Dec. 9 & 23, Jan. 13 & 27; 1-3 p.m.
WEST

Balancing Energy Fields

Join Goldie to release the past and embrace the future through EFT, sound therapy and meditation.
2nd Tuesday – Nov. 9, Dec. 14, Jan. 11; 6:30-8:30 p.m.
WEST: \$5 per session

Relaxation Meditations

Practice techniques that promote peace and good health.
Tuesday, Nov. 16; 5:30-6:30 p.m.
Monday, Dec. 6; 5:30-6:30 p.m.
Tuesday, Jan. 11; 5:30-6:30 p.m.
HEND
Tuesdays – Nov. 2, Dec. 7, Jan. 4; 5-6 p.m.
WEST

Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.
Thursday, Nov. 18; 2-4 p.m. – The Labyrinth-Walking the Sacred Space
Thursday, Dec. 9; 2-4 p.m. – Life Is a Gift
Thursday, Jan. 13; 2-4 p.m. – Waking Up To a New You
HEND
Tuesday, Nov. 23; 1:30-3:30 p.m. – The Labyrinth-Walking the Sacred Space
Tuesday, Dec. 7; 1:30-3:30 p.m. – Life Is a Gift
Tuesday, Jan. 18; 1:30-3:30 p.m. – Waking Up To a New You
WEST

Labyrinth Meditation – Embrace the New Year; the New You

Join Gael Hancock, labyrinth expert, for an insightful walk through the labyrinth to embrace the New Year and release any past negative issues.
Thursday, Jan. 13; 4-5 p.m.
SAN: Enjoy the Labyrinth anytime! Open 24 hours/7 days a week

Medicare ABC's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.
Tuesday, Jan. 11; 9-10 a.m.
HEND

Medicare Open Enrollment

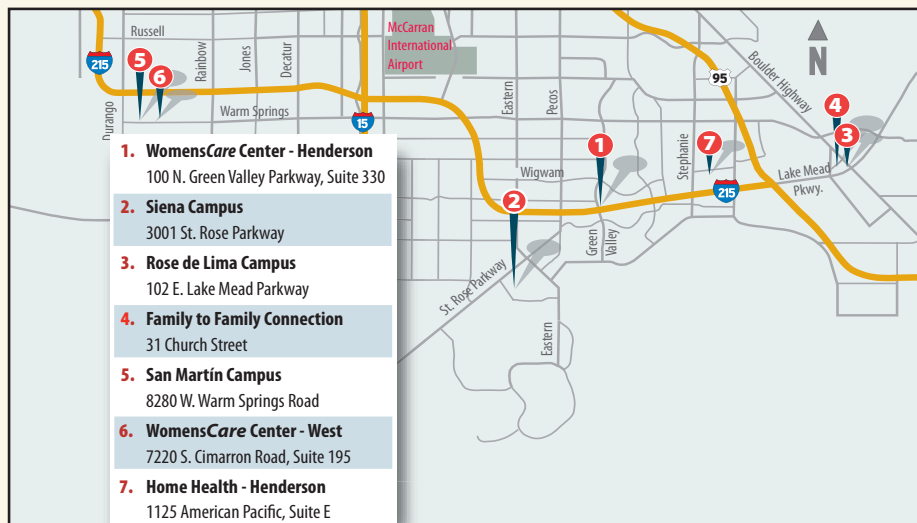
Sign up or review your current Medicare Drug Plan.
Tuesday, Nov. 16 or Dec. 14; 9-11 a.m.
HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.
3rd Thursday – Nov. 18, Dec. 16, Jan. 20; 2:30-3:30 p.m.
HEND

Girl Talk

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N. to discuss female puberty.
Tuesday, Nov. 30; 6-7 p.m.
HEND



FallCalendar

of classes and upcoming events

Help Helping Hands!

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

exercise & fitness

Ballroom Dancing

Dance like the stars with ongoing Arthur Murray dance lessons. Call 269-5200 for more information.

Thursdays – 11 a.m.

HUMANA GUIDANCE CENTER: 1000 N. Green Valley Pkwy., Ste. 720: FREE

NEW! ZEN Workout

Meditation in motion with gentle, easy yoga movements focusing on balance and breathwork.

Wednesdays – 10-11 a.m. with Jeannine

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

Beginner Pilates

Mondays & Wednesdays – 11:15 a.m.- noon with Janice

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

Zumba Latin Fitness

Saturdays – 9-10 a.m. with Linda

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

Mondays & Thursdays – 6:15-7:15 p.m. with Lucy

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

Beginner Yoga

Saturdays – 11 a.m.-noon with Lynn

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

Belly Dancing

3rd Saturday – Nov. 20, Dec. 18, Jan. 15; 10-11 a.m. with Linda

HEND: \$5

2nd Saturday – Nov. 13, Dec. 11, Jan. 8; 10:30-noon with Goldie

WEST: FREE

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-9:30 a.m.

Call 616-4900 for meeting location: FREE

Gentle Yoga

Wednesdays – 9-10 a.m. with Jeannine

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

HEND: FREE

Mondays & Wednesdays – 9-10 a.m. with Sharon

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

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

Mixed-Level Yoga

Tuesdays – 6-7 p.m. with Don

Fridays – 9-10:15 a.m. with Jen

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

Saturdays – 9-10 a.m. with Lynn

WEST: FREE

Ageless Woman Workout: Osteoporosis Exercise

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

Tuesdays & Thursdays – 9-9:45 a.m. with Jeannine

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 & Fan Class: Wednesdays – 2:30-3:30 p.m.

Advanced: Wednesdays – 3:30-4:30 p.m.

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

Mixed Level: Thursdays – 10-11 a.m.

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

nutrition

Nutrition Consultation

Meet one-on-one with a Registered Dietitian for: Carbohydrate counting, weight goals, metabolic testing, meal planning, diabetes type 1, 2 and gestational, renal disease, heart disease, hyperlipidemia, hypertension, nutritional guidelines. All insurances welcome and cash discounts available. Call 616-6545 for an appointment and pricing.

Fire Up Your Metabolism

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

Wednesday, Nov. 17; 6-7:30 p.m.

WEST

Emotional Eating

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

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

WEST

Cardiac Nutrition

Learn how to eat for your heart's health.

Monday, Dec. 6; 10:30 a.m.-noon

HEND

Tuesday, Jan. 11; 10:30 a.m.-noon

WEST

DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension developed by the USDA.

Monday, Jan. 31; 6-8 p.m.

HEND

screenings

Call 616-4900 For Screening Appointments.

Vein Lecture and Screening

Join Drs. Irwin Simon and Eugene Porecca, Vegas Valley Vein Institute, about current updates and non-surgical treatments for venous and varicose veins. Free vein screening.

Wednesday, Dec. 1; 6-7:30 p.m.

HEND

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

WEST

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 twelve-hour fast is required.

Thursday, Dec. 2; 7-10 a.m.

HEND: Listed above

Tuesday, Jan. 4; 7-10 a.m.

WEST: Listed above

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.

Tuesday, Dec. 7; 1-3 p.m.

HEND: FREE

Tuesday, Jan. 11; 1-3 p.m.

WEST: FREE

3RD ANNUAL KICK OFF YOUR SHOES AND DANCE!

iUno, Dos, Tres, Quatro! One, Two, Three Four! Kick off your shoes and Zumba, Rumba or get down and Disco. Celebrate your body, express your soul and get into a positive groove as we experience different styles of dance. This morning celebration of movement is bound to keep you feeling upbeat and put you in tune with your own personal rhythm. Refreshments & dance props provided.

Saturday, January 15 - 9 a.m. - noon

SAN



november · december · january

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

HEALTHY AGING: UP2ME

Learn how to live with a chronic condition through goal setting, overcoming barriers, practical exercises, relaxation techniques and more by attending the six-week Stanford Chronic Disease Self Management Program.

Wednesdays – Jan. 26 through Mar. 2; 5:30-8 p.m.
WEST: FREE



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, Dec. 16; 10 a.m.-noon

HEND: FREE

Thursday, Jan. 20; 10 a.m.-noon

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. 18; 10 a.m.-2 p.m.

HEND

Peripheral Vascular Disease Screening

St. Rose Radiology Department will screen you for PVD.

Thursday, Jan. 27; 8 a.m.-noon

HEND, Rehab Suite 140: FREE

R.E.D. Rose

Uninsured or underinsured? 49 or younger? You may qualify for a free mammogram. Call 616-7525. Funded by Susan G. Komen for the Cure and the National Breast Cancer Foundation.

integrative medicine

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

1st Thursdays – Nov. 4, Dec. 2, Jan. 6; 1:30-2:45 p.m. with Freddie

HEND

1st Tuesdays – Nov. 2, Dec. 7, Jan. 4; 7-8 p.m. with Freddie

WEST

Reiki Healing Consults

Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes. Call 616-4900 for appointment.

Tuesdays – Nov. 16 & Jan. 11; 11 a.m.-1 p.m.

HEND

Call 616-4900 for appointment.

WEST

Reflexology Foot Massage

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

Mondays – Nov. 15, Dec. 13, Jan. 24; 9:30 a.m.-12:30 p.m.

Thursdays – Nov. 11, Dec. 9, Jan. 20; 2:45-5:45 p.m.

Fridays – Nov. 5, Dec. 3, Jan. 7; 2:45-5:45 p.m.

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

Call or e-mail for an appointment

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

Lay Down And Lose Weight With Hypnosis

Bring your pillow.

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

HEND: \$25 (includes CD)

Tuesday, Nov. 16; 6-8 p.m.

Wednesday, Jan. 12; 6-8 p.m.

WEST: \$25 (includes CD)

smoking cessation

Freedom From Smoking

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

Tuesdays – Jan. 11, 18, 25, Feb. 1, 8, 15, 22 & Thursday,

Feb. 3; 5-7:30 p.m.

SAN: FREE

Relax and Stop Smoking With Hypnosis

Wear comfortable clothes.

Thursday, Nov 11; 6-8 p.m.

HEND: \$25 (includes CD)

Nevada Tobacco Users Helpline

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

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

health conditions

Striking Out Stroke

What is a stroke? Recognize the signs & symptoms of a stroke, what to do if one occurs and the advances in stroke rehabilitation from Dr. Scott Selco, Medical Director of the St. Rose Primary Stroke Center.

Thursday, Jan. 27; 6-7 p.m.

MAC

Healthy Aging: Up2Me

Learn how to live with a chronic condition through goal setting, overcoming barriers, practical exercises, relaxation techniques and more by attending the six-week Stanford Chronic Disease Self Management Program.

Wednesdays – Jan. 26 through Mar. 2; 5:30-8 p.m.

WEST: FREE

Diabetes Awareness Treatment & Education

A comprehensive diabetes class accredited by the American Diabetes Association. All insurances welcome and cash discounts available. Call 616-6545 for pricing and registration.

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

Tuesday & Wednesday – Nov. 23 & 24, Dec. 28 & 29, or Jan. 25 & 26; 5:30-9:30 p.m.

HH

GET AVERAGE DOOR-TO-DOCTOR TIMES*

Rose de Lima Emergency Room:	20 Minutes	11:01am Today
Siena Emergency Room:	12 Minutes	11:01am Today
San Martín Emergency Room:	10 Minutes	11:01am Today

Looking for the ER that can see you the soonest?

ER wait times for St. Rose's three campuses are posted at www.strosehospitals.org/ER and strosehospitals.org, and can be viewed via smart phones. *Times posted will represent the average time it took a patient to see a doctor in the previous hour.

FallCalendar

of classes and upcoming events

Migraines! Migraines!

Dr. Abraham Nagy breaks down the mysteries of migraines. New understanding, new therapies. What to do, where to go for help.

Tuesday, Dec. 7; 6-7 p.m.

HEND

Alzheimer's Association Lectures

With Christine Terry

Thursday, Dec. 16; 1-3 p.m. – Holiday Survival Kit

Thursday, Jan. 27; 1-3 p.m. – Communication: A Meeting of the Minds or the Hearts?

HEND

Lower Cholesterol With TLC (therapeutic lifestyle changes)

Thursday, Jan. 6; 9:30 a.m.-12:30 p.m.

WEST

Cancer Quality of Life Center

Cancer patients, visit our ACS center for wigs, hats, turbans and support. Call 616-4910 for appointment.

WEST

Breast Cancer Prosthesis & Bra Fittings

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

safety & injury prevention

Heartsaver CPR/AED

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

Thursday, Nov. 18; 5-9 p.m.

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

Wednesday, Nov. 10; 5-9 p.m.

Saturday, Dec. 4; 10:30 a.m.-2:30 p.m.

Friday, Jan. 7; 1-5 p.m.

Tuesday, Jan. 18; 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.

Saturday, Nov. 13; 10:30 a.m.-2:30 p.m.

Saturday, Jan. 8; 10:30 a.m.-2:30 p.m.

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

Wednesday, Dec. 8; 5-9 p.m.

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

Worksite CPR & First Aid Classes

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

AARP Driver Safety Program

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

Mondays – Nov. 15, Dec. 6 or Jan. 10; 9 a.m.-1 p.m.

Fridays – Nov. 19, Dec. 17 or Jan. 21; 1-5 p.m.

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

Safe Sitter

Youth ages 11-16 learn safe, nurturing childcare and medical emergency techniques. Call 616-4902 to register.

Monday, Jan. 17; 9 a.m.-4:30 p.m.

HEND: \$30 (includes lunch)

Friday, Nov. 12; 9 a.m.-4:30 p.m.

WEST: \$30 (includes lunch)

Sexual Assault Prevention

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

Saturday, Dec. 4; 10 a.m.-2 p.m.

RAN

programas en español

¿Necesita a una Doctor Que Hable Español? Llame al 616-4999

Evaluación del desarrollo infantil

Es una evaluación que permite determinar el desarrollo físico y psicológico de los niños de 2 a 48 meses.

Para una cita o más información, llame a 702-564-0896.

FTF

breastfeeding

St. Rose WIC Nutrition Program

Healthy food, nutrition and breastfeeding consultations and breastpumps for pregnant women and children up to age 5.

Call 616-4901

HEND; WEST

Breastfeeding Helpline 616-4908

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

Breastfeeding Consultation

Call 616-4908 for a private appointment with a Board Certified Lactation Consultant or Certified Lactation Counselor.

HEND; WEST: \$40 for St. Rose Dominican Hospitals patients; \$50 for all other clients. \$10 for follow-up appointments.

Baby Weigh Stations

Free weight checks. No appointment necessary.

HEND; WEST; FTF

Breastpump Rentals

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

Wednesdays – 11 a.m.-noon

WEST

Fridays – 11 a.m.-noon

HEND

La Leche League

4th Thursday – Nov. 18, Dec. 23, Jan. 27; 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 616-4910.



ENROLL IN WIC AT OUR WOMENSCARE CENTERS

If you're pregnant – or have a young child under five – and you're concerned about being able to meet their nutritional needs, our WomensCare Centers can help you give your child a healthy head start toward a bright future. Both of our WomensCare Centers now serve as enrollment sites for the Special Supplemental Nutrition Program for Women, Infant & Children (WIC program), which offers breastfeeding consultations, breast pumps, personalized nutrition counseling and free healthy foods for moderately low-income women and their little ones. If you would like more information on the program, please call us at 616-4905.

Available at the Henderson and West Centers

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, Noon **HEND** Mondays, Noon **WEST**

AA Co-ed – Saturdays, 6 p.m. & Sundays, 6 p.m. **RAN**; Thursdays, 7 p.m. **SGR**; Sundays, Mondays, Tuesdays, Fridays, 7 p.m. **SAN**

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**
CCFA – 3rd Sunday, 2 p.m. **RAN**

Co-dependency (CODA) – Thursdays, Noon **HEND**

Daughters Without Mothers – 1st Thursday, 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 – Mondays, 7 p.m. **SAN**

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

Gamblers Anonymous – Tuesdays, 6 p.m.; Fridays, 7 p.m.; Saturdays, 6 p.m. **COND**

Henderson Mothers of Multiples – 3rd Thursdays, 7 p.m. **MAC**

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

Interstitial Colitis – 2nd Wednesday, 7:30 p.m. **HEND**

Leukemia & Lymphoma – 2nd Thursday, 6:30 p.m. **HEND**

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

Pediatric Seizure & Epilepsy Support Group – 2nd Monday, 6:30 p.m. **MAC**

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**

Stroke Support Group – 3rd Tuesday, 4 p.m. **HEND**

Transitions – 1st Tuesday, 11 a.m. **HEND**

New Widows Support – 1st & 3rd Wednesdays, 1 p.m. **HEND**

Widows Social Support – 1st & 3rd Wednesdays, 2 p.m. **HEND**

Childbirth Express

This class provides 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.

Saturdays – Nov. 20, Dec. 18, or Jan. 8; 9 a.m.-2 p.m.

\$35 fee includes prepared childbirth book
HH

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays – 1-2 p.m.

SIENA; Quiet Room



HOLIDAY MEALS & CHILDREN'S MIRACLES MADE EASY!

Order hassle-free meals from Schwans.com, and meals for one, two, four or more – even holiday party-sized portions – will be delivered to your door. Partial proceeds from orders placed online and delivered to ZIP codes in Clark County will benefit Children's Miracle Network at St. Rose Dominican Hospitals.

Children's Miracle Network is celebrating five years of fund raising for St. Rose Dominican Hospitals neonatal and pediatric programs and services. We've raised nearly \$4 million in southern Nevada and 100% of it stays right here to help St. Rose treat more than 25,000 children each year through its Neonatal Intensive Care Unit (NICU) and Pediatric Intensive Care Unit (PICU), as well as its pediatric inpatient, emergency and same-day surgery programs. We couldn't have done it without the help of our community.

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.

Wednesdays, Nov. 17; 6-8 p.m.

WEST

Tuesday, Jan. 25; 6-8 p.m.

WEST

infants, children & parenting

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs

Dancing with Miss Jenny®

Miss Jenny uses homemade, creative props to bring out desired movements from the children to develop gross motor, fine motor and cognitive skills. Parents participate with children while bonding and achieving developmental milestones.

Thursdays – 11:15-11:45 a.m.

HEND: FREE

Car Seat Safety Checks

Call 616-4901 or 568-9601 for appt.

Fridays – Nov. 5, 19; Dec. 3, 17; Jan. 14, 28; 3-5 p.m.

Tuesdays – Nov. 9, Dec. 7, Jan. 18; 5-6 p.m.

HEND; FTF: \$10 per family

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.

Fridays – 11:30 a.m.-12:30 p.m.

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

Fridays – 1:30-2:30 p.m.

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

Toddler Play Group

Toddlers three and under join Family to Family Las Vegas West & Family to Family East for music and movement.

Tuesdays – 3-4 p.m.

WEST

Tuesdays – 2-3 p.m.

HEND

Wee Can Sign: Baby Sign Language Level I

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

Wednesdays – Nov. 17, Dec. 1, 8 & 15; 10:30-11:30 a.m.

HEND: \$80 (includes Sign with Your Baby DVD)

Saturdays – Nov. 13, 20, Dec. 4 & 11; 12:30-1:30 p.m.

Thursdays – Jan. 6, 13, 20 & 27; 11:30 a.m.-12:30 p.m.

Saturdays – Jan. 8, 15, 22 & 29; 12:30-1:30 p.m.

WEST: \$80 (includes Sign With Your Baby DVD)

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

Family Education

Sing and Sign: Baby Sign Language Level II

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

Thursdays – Nov. 11, 18, Dec. 2 & 9; 11:30 a.m.-12:30 p.m.

Saturdays – Nov. 13, 20, Dec. 4 & Dec. 11; 2-3 p.m.

Saturdays – Jan 8, 15, 22 & 29; 2-3 p.m.

WEST: \$80 (includes Pick Me Up kit)

Wednesdays – Nov. 17, Dec. 1, 8, 15; 10:30-11:30 a.m.

HEND: \$80 (includes Pick Me Up kit)

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

Home Made Fun!

Join Miss Pam for fun and entertaining ways to re-use items around your home for your little ones. Ages birth-48 months

Thursday, Nov. 4; 10-11 a.m.

FTF

Bon Appetite Baby: Homemade Baby Food

Get the ins and outs of starting solids as well as some great recipes to make homemade baby food. Ages birth-12 months

Tuesday, Nov. 2; 2-3 p.m.

FTF

Cookie Plates & Coco Mugs

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

Tuesday & Wednesday, Nov. 9 and 10; 9-11 a.m. and 3-4 p.m.

FTF

Picky Eaters Club

Have a picky eater? Looking for helpful tips to get them to eat healthier?

This is a class for you! Ages 12-48 months

Friday, Nov. 19; 2-3 p.m.

FTF

Explore & Learn with NEIS

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

Fridays – 9:30 a.m. & 11:15 a.m.

FTF

Love & Logic-Early Childhood Made Fun!

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

Wednesdays – Nov. 17, Dec. 1, 8, 15 & 22; 3-5 p.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. 9; 5-7 p.m.

FTF: \$5 for pictures with Santa

Teens-n-Tots Playgroup

Join Miss Lawanda as we share and play with our little ones!

Tuesday, Nov. 16; 10-11 a.m. & Tuesday, Dec. 7; 2-3 p.m.

FTF

Kickin It with Baby-Teen Parent Program

Teen mamas and mamas-to-be join us for dinner, sharing and education. Earn baby bucks to shop in the baby boutique. Ages birth-48 months.

Thursdays – Call 568-9601 for dates and location

FTF

Toddler and Winter Smoothies

Who says smoothies are not year round. Join Miss Lawanda as she gives you yummy winter recipes that will have your toddler asking for more!

Ages 12-48 months

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

FTF

Happiest Baby on the Block

Learn the award-winning techniques for soothing fussy newborns developed by Pediatrician Harvey Karp. Parent kits are available for checkout or purchase. Ages birth-3 months

Thursday, Jan. 20; 10-11 a.m.

FTF



ONLINE REGISTRATION AVAILABLE for family education classes.

Log on to:

www.strosehospitals.org

or call 616-4910.

ONGOING FAMILY EDUCATION CLASSES

Prepared Childbirth Classes - \$50-HEND & WEST

Childbirth Express - \$35

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

Pregnancy Smoking Cessation - Call the Nevada Tobacco Users' Helpline, 1-800-QUIT-NOW

Siena Campus Maternity Tour - 3rd Saturday afternoon or 4th Monday evening

San Martín Campus Maternity Tour - 3rd Saturday

Call 616-4901 to register for the tours.

20% OFF 1 ITEM*

Shop our Fall & Winter Wonderland of Gifts

Unique Home and Holiday Decor • Inspirational Items • Women's Jewelry, Scarves and Hand Bags • Baby Gifts & Much More

St. Rose Dominican Hospitals' Gift Shops

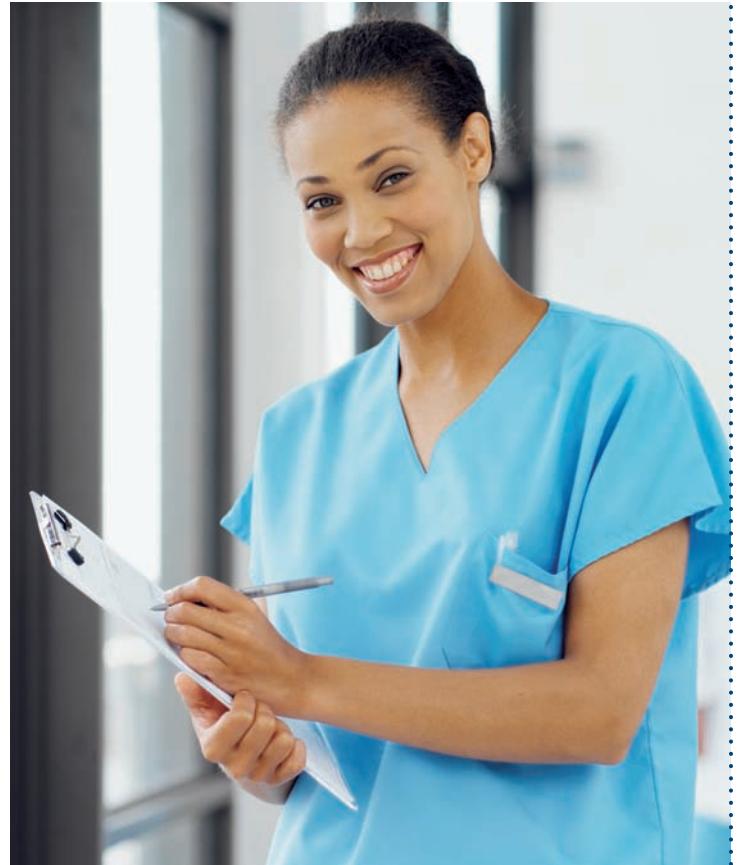
Rose de Lima (616-4605) - Siena (616-5605) - San Martin (492-8697)

*Valid 11/1 - 12/31/2010. One coupon per customer. Excludes: Flowers/Plants, Candy, Cards, Magazines and sale items. Proceeds benefit patient services.

Inspired by a nurse? Become one in 14 months.

The University of Southern Nevada and St. Rose Dominican Hospitals have come together to offer Nevada's first 14-month accelerated online nursing education program.

- Designed as a second degree program
- Uniquely blends convenience of online instruction with hands-on clinical preparation
- Classes start four times a year
- **Apply now—February class filling fast**



St. Rose Dominican Hospitals

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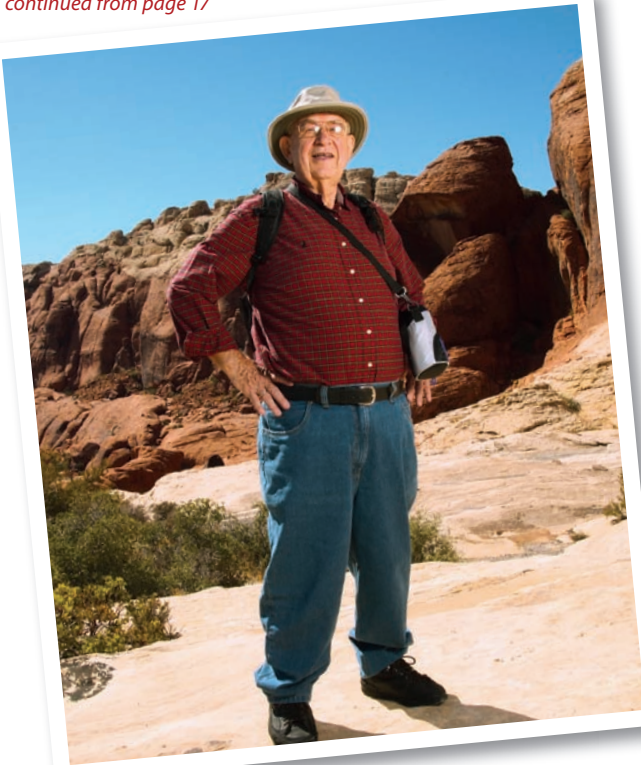
877.885.8399 | www.USNnursing.com



Achieving Peak Condition

Chronic health conditions such as heart disease, diabetes and obesity cause major limitations in daily living for about one out of 10 Americans. Don Falconer and Brittany Lem got tired of living with limitations and sought help from St. Rose and the WomensCare Centers which collaborate with national programs to help people make meaningful changes in their lives. Two of the programs – Healthy Living: Up2Me and Weight Watchers® – are based on relatively simple strategies that have helped Don and Brittany on their paths from chronic conditions to what you might call “peak condition.”

Read more about their stories on page 18.



Don Falconer

Healthy Living: Up2Me

“No two people’s experience with a chronic disease is exactly the same. That’s life. But coming together and sharing the path to better health – that’s a step toward better living.” – Don Falconer

As Don neared the peak of Black Mountain, he thought, “Not a bad day for an old guy with a bum knee.” Don made the trek, with a buddy, just three weeks before having knee replacement surgery because he was determined to fulfill a goal he had set and worked up to achieving by participating in a chronic disease self management program at the WomensCare Center.

The six-week Healthy Living: Up2Me program brings small groups of individuals who suffer from chronic diseases together in an atmosphere that encourages mutual support and the ability to self-manage their health with the intention of maintaining active, fulfilling lives.

In Don’s case, an arthritic knee was, for several years, the least of his worries considering that he also suffered from asthma, chronic pulmonary obstruction disease and diabetes. He was tired, had trouble breathing and found it hard to get around as a result of the extra 125 pounds weighing down on his 5-foot, 11-inch frame. What’s more, Don’s doctor had to be extra cautious in treating Don’s severest asthma attacks with the typical course of steroids because they had the potential to make his blood sugar spike out of control.

“My doctor worked hard to keep me healthy and out of the hospital, but living with diabetes made me realize that I needed to do more to help myself,” says Don. “I went to diabetes and nutritional counseling, did some of my own reading and research and made a point to exercise daily and watch what I ate. One of the best decisions I made was to enroll in the Healthy Living: Up2Me program to help me maintain my motivation.”

Don’s health didn’t change overnight, but to date he has lost an impressive 100 pounds, which has improved his breathing and reduced

Q I am enrolling in a diabetes education program. Will the Healthy Living: Up2Me information contradict the diabetes education?

A: The Healthy Living: Up2Me program will not conflict with other forms of health education or support. It is designed to enhance regular treatment and disease-specific education such as cardiac rehabilitation or diabetes instruction (see Diabetes Education on page 29 and the WomensCare calendar for diabetes education programs). In addition, many people have more than one chronic condition. The program is especially helpful for these people as it gives them the skills to coordinate the things they need to manage their health, as well as keep active in their lives.

the arthritic pain he experiences. What’s more, results from his recent A1C test (which monitors average glucose levels for three months) indicate that his glucose levels are in the normal range. His doctor said his diabetes is so well controlled that he wouldn’t know that Don had the disease if he hadn’t diagnosed it himself a few years prior.

Don became such a fan of Healthy Living: Up2Me that he took part in the training needed to become a peer facilitator for the program. “I believe in the program’s small group dynamic because even though our chronic diseases may be different, some of the symptoms and struggles that diminish our quality of life are similar,” he says. “This program demonstrates that while a chronic disease can potentially be very isolating, you don’t have to go it alone.”

Topics covered during the six Healthy Living: Up2Me sessions include: techniques for dealing with emotional and physical symptoms such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition, and how to evaluate new treatments.

According to Don, when a participant states a problem – whether it’s suffering chronic fatigue, feeling hopeless or having difficulty improving eating habits – the group discusses the issue and gives possible approaches to minimize or solve the problem. The participant then rates potential solutions on the probability that they can successfully implement them, and creates their own self care plan. As part of self managing their chronic condition, the participant agrees to try out the solutions they think might work for them and report back on what worked and what didn’t.

“Chronic diseases typically take a long time to develop, so there usually isn’t a shortcut to success. Some issues can be easily solved – others may not,” says Don. “But even small success can make a big difference in a participant’s ability to manage their disease and get more enjoyment out of life.”

It’s been a few months since Don had his knee replaced. As part of his chronic disease self-management plan, he found ways to adapt his workout while on the mend to keep his weight and diabetes under control. He has also set a new goal. Smiling, he says, “I plan to hike Black Mountain again with my new knee.”

Brittany's Way to Better Health

"I'm only 27 and I've tried every diet known. Weight Watchers® works for me because it isn't a diet – it's a program that encourages healthy habits that have become part of my everyday life." – Brittany Lem

Brittany Lem got a bit winded as she hiked the steep trail to Turtlehead Peak at Red Rock Canyon National Conservation Area, but it was the view from the top of the trail that really took her breath away. "Making it to the summit of Turtlehead Peak was incredible," says Brittany. "I could see the entire Las Vegas Valley in front of me – even Lake Mead." Before descending the trail, Brittany signed the visitor's log kept in an old metal box. That's when she also saw a new self-image of herself as a "hiker" emerge.

Nine months before that moving moment atop Turtlehead Peak, Brittany – a 27-year-old administrative assistant and part-time drummer – visited Yellowstone National Park and Mount Rushmore. It's clear from her vacation photos that she was heavier and only a spectator at the time, whereas her more recent photos tell a story of a proud "hiker" perched on various peaks at Red Rock and slogging through slot canyons such as the Narrows at Zion.

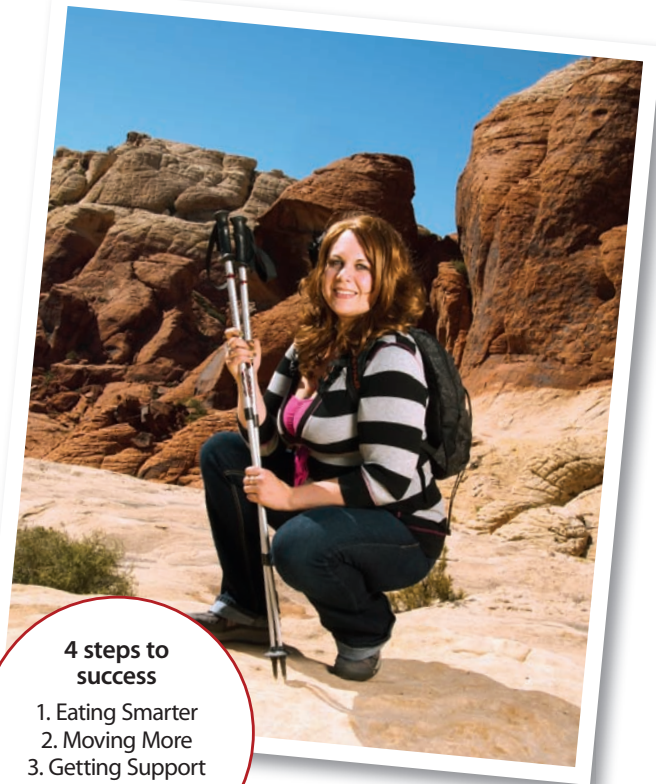
Brittany has lost more than 80 pounds over the course of the last nine months, but she doesn't attribute her weight loss to "extreme" diets or workouts. She's been down that path many times before and discovered that whenever she deviated from the rules of a fad diet, prescribed meal plan or grueling exercise routine, she quickly gained back the weight she tried so hard to lose. "Weight Watchers® is working for me because it makes sense," says Brittany. "It's based on simple concepts – and a commitment to managing my health – which have become second nature to my decision making."

The key concepts of Weight Watchers® include: eating smarter, moving more, getting support and adopting healthy habits.

Eating smarter doesn't mean that Brittany has to forgo flavorful, fulfilling foods even when she's eating at a restaurant, a holiday party or on vacation. "I learned to order foods that say 'grilled' or 'steamed' and stay away from foods that are 'creamy' or 'fried,'" she says. "Making wiser choices on what food I order or prepare has made a big difference in how I look and feel – but I don't feel starved or deprived."

Brittany has also adopted a habit of going to the store with a mental picture of what foods she wants to prepare for the next few days (she also picks up healthy items like frozen green beans that she can quickly prepare when she doesn't have time to cook). "I was a foreign exchange student in high school and still travel abroad whenever I can afford to, so shopping for fresh food every few days like a European – is something I like to do," she says. "I'm also proud that I've learned to make my own pasta sauces which I can eat fresh or freeze for future meals."

Attending weekly Weight Watchers® meetings is also benefitting Brittany emotionally and physically. "I found I lost weight pretty quickly at first by making better choices but I hit a plateau for a while," she says. "That's when Weight Watchers® meetings made a real difference." In fact, during a time when Brittany was only losing about a half pound a week, her Weight Watchers® coach handed her an 0.8 ounce tube of toothpaste to get a feel for how much it weighed. Then she handed her another and another. It made Brittany realize that she was making progress and that slow, steady weight loss adds up over time.



4 steps to success

1. Eating Smarter
2. Moving More
3. Getting Support
4. Adopting Healthy Habits

Brittany Lem

Brittany feels fortunate that she also has the support of co-workers, friends and family. Co-workers don't, for instance, alert her if doughnuts are brought in to work, but they do let her know when a fruit tray arrives; and, on weekends, a fellow band member and friend plans regular hikes with her. She has hiked approximately 18 trails so far this year, some of them repeatedly.

Brittany sums up learning to manage her weight and health by saying, "I used to focus on all that I had to do or give up to lose weight. Now I am experiencing all I get to do because I'm healthy." **WIC**

FOR INFORMATION ON WEIGHT WATCHERS® MEMBERSHIP AND MEETINGS – OR TO TAKE ADVANTAGE OF FREE, HEALTHY RESOURCES WEIGHT WATCHERS® OFFERS ON-LINE, GO TO WWW.WEIGHTWATCHERS.COM.

HEALTHY WEIGHT LOSS TIPS

Pace your weight loss – Aim to lose up to two pounds per week. You may lose more in the first few weeks as you shed water weight, but slow, steady weight loss tends to equal more sustainable weight loss.

Track your weight loss – Weigh yourself just once a week in a consistent way (same time of day, same scale, etc.) and track your progress in a journal or on a chart so your weight loss efforts aren't thwarted – or thrown into "extreme" mode – by too frequently jumping on the scale.

Set realistic weight loss goals – If you are 50 pounds overweight, set an initial goal of losing and keeping off 10 percent of your body weight. Even modest weight loss can positively affect how you feel and how your clothes fit.

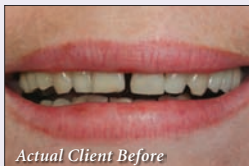
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SHOW OFF YOUR HEALTHY SMILE

A healthy, contagious smile sounds a bit contradictory. However, "if you take care of your gums and teeth, you're more likely to share a smile," says Dr. Patrick Simone, DDS, who hopes this anonymous poem will promote good oral hygiene and genuine good will among WomensCare readers:

*Smiling is contagious,
you catch it like the flu,
When someone smiled at
me today, I started smiling too.
I passed around the corner,
and someone saw my grin –
When he smiled I realized,
I'd passed it on to him.*

*I thought about that smile,
then I realized its worth,
A single smile, just like mine,
could travel round the earth.
So, if you feel a smile begin,
don't leave it undetected –
Let's start an epidemic quick
and get the world infected !*

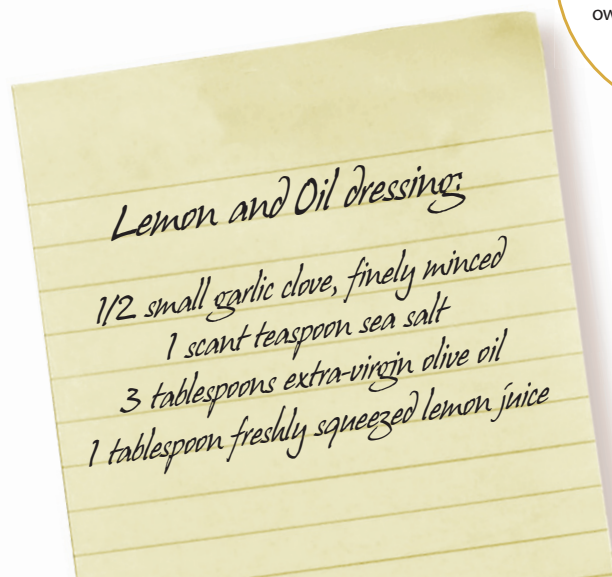
That said, if you have a cold or flu, remember to cover your nose and mouth with a tissue or the crook of your arm to reduce the spread of infection.

Portion Your Plate: A Simple Formula for a Healthy Meal

To create a healthy meal, examine your plate and serve yourself based on a basic proportion's formula. Fill at least $\frac{1}{2}$ of your plate with fruits or vegetables, $\frac{1}{4}$ with a whole grain and the remaining $\frac{1}{4}$ with a lean source of protein (beans, fish, chicken or beef). Beginning your meal with low-calorie, high-volume foods such as fresh fruit, steamed broccoli or a simple salad, can save you up to 100 calories per meal. A caveat to this proportion's formula is to forgo high-calorie, high-fat dressings and sauces in favor of lighter version like the one below. **WGC**



Become a fan of St. Rose on Facebook by Dec. 1, 2010, and you'll be entered to win the Portion Plate pictured or one of 10 gift certificates to paint your own plate at Color Me Mine in the District at Green Valley Ranch.



Lemon and Oil Dressing:

- 1/2 small garlic clove, finely minced*
- 1 scant teaspoon sea salt*
- 3 tablespoons extra-virgin olive oil*
- 1 tablespoon freshly squeezed lemon juice*

Make the Most of Your Frozen Assets. Add more nutritional value to your meals by investing in frozen fruits and vegetables. They are similar to – and sometimes better than – fresh ones because they are typically harvested at the peak of their season and immediately flash-frozen to halt “aging” and nutrient losses. As an added benefit, the cost of frozen vegetables remains fairly constant throughout the year while the price of fresh produce can go up as the temperature goes down. So, thaw a cup of frozen peas and toss them into your salad, stir a cup of frozen corn into a piping hot bowl of low-sodium soup or blend frozen berries with yogurt, ice and seltzer water to make a sensational smoothie.

TIPS FOR GUILT-FREE HOLIDAY EATING

Second Helpings: Yes or No? When it comes to extra helpings, go ahead and indulge in an additional helping of grilled asparagus or fresh fruit. However, if you're craving a second serving of mashed potatoes and gravy or pumpkin pie, take a time out to get involved in another activity (a board game, caroling or exchanging presents) first. It takes 10 to 20 minutes for your brain to get the signal that your stomach is full, so if you wait, you might find your hunger for second helpings has passed.

Holiday Goodies: Do or Don't? Whether it's at a holiday office party or a family function, you're bound to come face-to-face with a table full of treats this holiday season. So, should you pass up the pies, cakes, cookies and candies? Try picking one treat you'll truly enjoy and savor it by taking the time to put your fork down and talk with others between bites. It could keep you from feeling deprived or from ultimately sampling more treats than you should.

Nurse Residency Program Instills a Love for Nursing

After Keisha Shepherd finished nursing school and passed her NCLEX (National Council Licensure Examination), she was eager to put her hard earned degree and nursing license to work in a hospital-based intensive care unit. She knew that, as a new graduate with limited clinical experience, securing such a position wouldn't be easy, especially during these tough economic times.

Adding to the challenges Keisha faced in launching her career was the fact that she had just relocated from Ohio to southern Nevada and was still unfamiliar with area hospitals. So once she settled her family into their new home and new schools, she enrolled in an Advanced Care Life Support (ACLS) certification program to bolster her skill set and meet other nursing professionals.

Keisha's extra efforts paid off. During the training, she met two nurses who gave their employer – St. Rose Dominican Hospitals – the thumbs up. They also gave Keisha the encouragement to apply for the hospitals' Nurse Residency Program, which helps new graduates transition from novices to professional nurses. Of more than 250 applicants, Keisha was among a select group of 14 chosen to start her residency this fall.

As a nurse resident, Keisha has been hired by St. Rose Dominican Hospitals as a full-time employee and is supported – professionally and emotionally – by a network of senior nurses who serve as preceptors, mentors and debriefers during her 18-week residency.

St. Rose is not alone in providing new nurses with on-the-job training but is attune to the fact that the quality of nurse preceptor programs varies in the length of training (typically four to eight weeks) and the preparedness of the trainers. Surveys indicate that when nurses are assigned to serve as preceptors without much choice or preparation, the end result can be a dissatisfying experience for both the novice and the nurse preceptor. More structured residencies have, on the other hand, been shown to enhance career and organizational satisfaction among new nurses, their trainers and even co-workers who were not directly involved in the program.

As such, St. Rose partnered with Versant – a leader in nurse residency development – to design its Nurse Residency Program. Integral to the program is carefully selecting residents and staff members who take part. Mentors, for instance, are nominated by their peers so their involvement in the program is considered an honor. It's also an opportunity to share their passion for their profession while nurturing a novice's ardor for nursing thereby advancing St. Rose's healing ministry.

Keisha is now in the midst of her residency and has worked side



Keisha Shepherd served children as a high school science teacher before a life changing experience – caring for her ailing father – made her realize that she felt a calling to care for the sick and dying. The St. Rose Nurse Residency Program is helping Keisha, and others, launch her new career with confidence.

by side with different unit-based nurse preceptors who, week by week, present her with more challenging patient care experiences designed to further develop her clinical knowledge, as well as her technical and critical decision-making skills. She is taking part in additional nursing curriculum to ensure she is abreast of the latest in quality patient care and evidence-based practice, and she also routinely meets with her mentor who provides emotional support and encourages her self-evaluation as she learns to deal with stress inherent to caring for injured, ill or dying patients. As a full-time employee, Keisha has also been immersed in the hospitals' culture and day-to-day operations by training with specific patient care computer programs, attending St. Rose's Mission & Values orientation and taking part in confidential, on-line surveys conducted by Catholic Healthcare West (CHW) in order to provide St. Rose important feedback on the efficacy of the program.

In the final few weeks of Keisha's residency, she will spend the majority of her time working on her "home" unit – the Intensive Care Unit (ICU) – so that when she finishes her residency she is well prepared to carry out her career objective of serving critically ill patients who require high-level care and compassion. **WC**

NURSING YOUR OWN HEALTH

Treating the common cough, cold, injury or infection at home isn't necessarily difficult, and it can be less expensive than a trip to the doctor or the emergency room. All the same, safety should be your first priority. Here are steps to take to avoid some common self-care mistakes.

Watch the Dose – Read and follow recommended dosing instructions – and always use a proper medication dosing spoon or cup. Not all teaspoons are created equal and when it comes to medications, taking more than recommended isn't necessarily better for you. For example, taking too much over-the-counter (OTC) cold or allergy medication may cause extreme drowsiness or seizures, while taking too much ibuprofen over time can cause gastrointestinal bleeding or ulcers and too much acetaminophen can cause liver damage.

Treat the Cause – Don't treat symptoms without treating their cause. One danger of self-treating with OTC drugs is you may confuse symptom relief with a cure. For example, taking an OTC drug containing phenazopyridine (such as Pyridium) for relief of burning due to a urinary tract infection may mask your pain but antibiotics are necessary to cure the infection – and if you don't start taking antibiotics right away, what began as a minor condition could evolve into a full-blown kidney infection.

Take Caution with Herbal Remedies – Taking herbal remedies to sooth the symptoms of colds or flu sounds healthy and it may be, but remember that herbal remedies are drugs. Some of them can raise blood pressure, thin the blood or interact with other medications you may be taking. If you have a health condition, talk with your doctor, nurse or pharmacist about any alternative treatments you use.

If self-care techniques aren't improving your symptoms in a reasonable amount of time, consult your physician.



A CALLING TO CARE

Keisha Shepherd, RN, and Shirley Brandt, RN, were strangers prior to their *WomensCare* magazine photo shoot, but while there, they realized there were some similarities in how they were called to their profession.

Keisha, a former science teacher says, "My father was very sick and I was privileged to care for him right alongside his nurse. When he died, this nurse asked me if I'd ever considered a career in nursing." Keisha followed her heart and last year graduated from nursing school. She is now in the midst of her RN Residency at St. Rose.

Shirley was in nursing school when her husband suffered an abdominal aneurysm. She attended to him alongside his nurses for six days before he died. Devastated by his death, she wasn't sure she could finish her degree, but a nurse mentored Shirley and she finished. Shirley devoted her career life to providing tender loving care to newborns and their parents and although she retired from direct patient care a few years ago, this passionate nurse continues to teach childbirth education classes at the *WomensCare* Centers of Excellence.

For more information about St. Rose' Nurse Residency program, visit strosehospitals.org. For more information about the *WomensCare* Centers' childbirth education classes see pages 13-15.

IS A NURSING CAREER IN YOUR NEAR FUTURE?

University of Southern Nevada (USN) and St. Rose have teamed up to offer individuals who are seeking a career change – and already have a bachelor's degree – the opportunity to become a registered nurse in 14 months through a new accelerated bachelor's degree in nursing (ABSN). The ABSN program combines online courses and on-site labs taught by USN faculty with clinical rotations at St. Rose and other clinical sites. For more information, visit www.USNnursing.com or call (877) 885-8399.

Star Nursery Prescription: Dr. Q's Seasonal Gardening Tips

November

Check your mulch. The mulch you put down this Summer might be gone with the wind. Cold weather is coming and mulch really works to keep roots warm. Try Dr. Q's Paydirt.

Watering of all trees and shrubs, including newly planted ones, may now be cut back to once-per-week, but the watering should continue to be deep.

Go ahead and plant cool season color like Pansies, Snapdragons and Stock.

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. For a list of recycling locations visit starnursery.com or springspreserve.org.

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. For tips on pruning roses and fruit trees and answers to your questions, visit starnursery.com

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.

Don't forget, Dr. Q makes house calls. Call 771-STAR (7827) to set up an appointment or visit any one of our Star Nursery locations.

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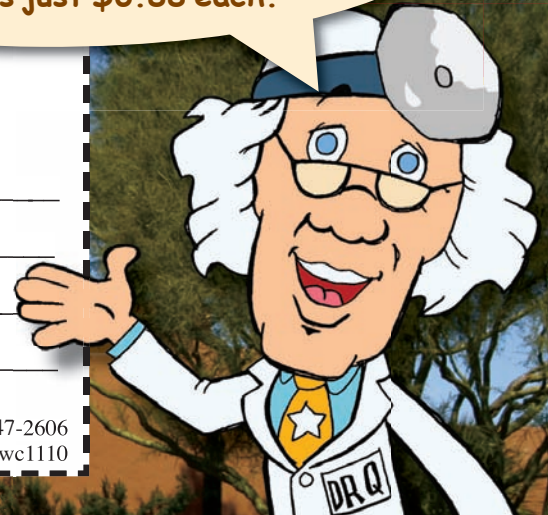
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Helpful Fall & Winter Health Tips

Dry Skin Savers

Humidity drops in the winter, and indoor heating systems suck precious moisture from the air – and your skin – which causes drying, scaling and cracking. Following are tips for saving your skin:

Skip the long, hot shower. Your best bet during the winter is to take short, lukewarm showers and to use soap to wash only your vital (private) parts, unless of course, your skin is covered with dirt.

Pat yourself on the back, please. Patting your skin dry after a shower will leave your skin less dry than enthusiastically towel drying your skin – or letting water just evaporate off your skin.

Moisturize within minutes. Moisturize quickly after showering to seal in water, and keep in mind that lotion may be the least effective lubricant. Petroleum jelly (use a little and rub in well) is your best bet followed by oil moisturizers such as baby oil, mineral oil or a thick cream.

Slather on sunscreen. Sunny days abound during winter in southern Nevada, so protect your face and lips with moisturizer and lip balm that include sunscreen.

Wear a protective layer of clothing. If you love wool and other rough fabrics which can irritate skin, put on a tee or blouse made of cotton or silk first.

Unplug your electric blanket. The heat from electric blankets can zap the moisture from your skin, so switch to more natural coverings.



Cold & Flu Fighters

Indulge in herbal tea and healthy, hearty soups full of antioxidants and nutrients that provide energy and can protect you from winter health woes. See St. Rose's November 1 post on Facebook for the recipe to Healthy, Wealthy & Wise Soup.

Decrease your intake of junk foods such as candy, chips and soda (as well as high fat and highly processed foods) as they can lower your immune system and increase the possibility of coughs and colds.

Increase your intake of healthy fluids such as water, milk, green tea and small amounts of fruit juice to keep your body hydrated during winter and to help flush toxins and germs out.

Wash your hands frequently, particularly before preparing or eating food, to avoid passing on or taking in cold and flu viruses. Also make a point of not touching your hands to your face without washing your hands first. Use a tissue to blow your nose.

Get this year's annual flu shot which offers immunization against multiple viruses including the H1N1 (swine flu) virus and two other influenza viruses that are expected to circulate this fall and winter. Influenza is a respiratory infection that can cause serious complications, particularly to young children and older adults. Flu shots are the most effective way to prevent influenza and its complications. The Centers for Disease Control and Prevention (CDC) now recommends that everyone 6 months of age or older be vaccinated annually against influenza. **WC**



GOLD STANDARD CARE

St. Rose Dominican Hospitals–Siena Campus has earned the Gold Seal of Approval™ from The Joint Commission and disease-specific care certification for its Joint Replacement Unit. The Siena Campus is the first and only hospital in Nevada certified for Joint Replacement and the only one within the Catholic Healthcare West system. The program was evaluated against The Joint Commission standards through an assessment of the program's processes, ability to evaluate and improve care within its own organization, and interviews with patients and staff.

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Busy Nurses “Take 5”

Mariquita Eusebio’s job as a registered nurse at St. Rose Dominican Hospitals – Rose de Lima Campus is physically and emotionally demanding, so she begins her shift by sitting down to Take 5. But it’s no coffee break. Take 5 is an initiative that promotes productive and healthy communication between nurses and their patients.

“In a busy hospital setting, nurses must often multi-task, so the important exchange of information between a nurse and a patient, or their loved one, may occur while the nurse is taking a patient’s blood pressure or changing their IV bag and bandages,” says Linda Doughty, chief nursing executive. “The Take 5 program structures a nurse’s shift so she can begin her workday by taking five uninterrupted minutes to sit down and talk with each of her patients.”

According to Mariquita, Take 5 gives her the time to establish a positive rapport with her patients and to specifically take stock of the patient’s past 12 hours. After introducing herself to a patient in the morning, she sits down at the bedside to find out how they feel and to ask questions about how they slept and how well their pain was controlled during the night.

Mariquita also uses Take 5 to talk about the patient’s care plan for the following 12 hours so the patient knows what to expect in terms of their medications, treatments or therapies. Before leaving the room, she provides the patient an opportunity to share any questions or concerns they have regarding their health or their medical care and asks if there is anything she can do to make their hospital stay more comfortable.

“Having five minutes to talk with a patient and take notes – free of distractions or other duties – is a great way to start my day. When I leave the patient’s room, I can update their electronic medical chart and put their care plan for the day into action,” says Mariquita. “As for our patients, I think they benefit any time we can give them our undivided attention. It makes them feel more attended to and helps them become knowledgeable about their condition and the care they receive.”

Studies show that patients are more likely to take a partnership role in their health care when physicians and nurses take the time to provide patients clear, easy-to-understand explanations of their condition. **WC**

TAKE 5 FOR YOURSELF

Suffering from an issue such as indigestion or insomnia? Try taking five minutes to assess the past 12 hours. Could your habits – or a deviation from your normal routine – be affecting how you feel? Even a small change such as taking your vitamins later in the day – rather than first thing in the morning – might make it difficult for you to fall asleep or stay asleep. That’s because certain vitamins such as B6 or B12 can cause vivid dreams. Taking medications, vitamins or supplements right before lying down to sleep is also a common culprit of indigestion that can make it difficult to get a good night’s rest.

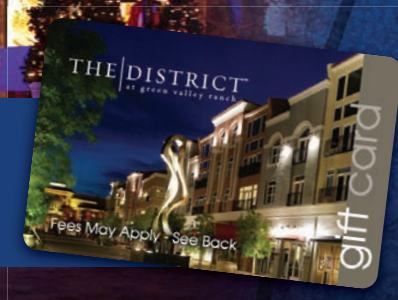
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St. Rose Diabetes Education

According to the American Diabetes Association, approximately one-third of diabetics don't know they have this dangerous disease and, unfortunately, some of them don't receive an initial diagnosis until they end up in a hospital emergency department. This fact keeps St. Rose's diabetes educators on their toes.

"Our aim is to provide quality diabetes education to patients whether they are in the ER, a patient room or visiting our outpatient clinic," says Sherry Poinier, RD, certified diabetes educator. "If we are called to the ER we begin the education process and encourage patients to get a referral from their doctor to continue education in the outpatient setting."

If an emergency room patient is admitted to the hospital for additional care or treatment, diabetes educators routinely visit the patient's room to ensure that they understand their nutritional plan, their medications and other aspects of their care. They also help develop discharge plans that increase the odds that the patient will take advantage of additional outpatient education that promotes diabetes self-management skills.

"Early diabetes education offered by physicians, nurses and diabetes educators is shown to make a measurable difference in a patient's understanding of their disease and how active a role they play in managing their health," says Sherry. "It also reduces the risk of re-hospitalization due to diabetes complications."

St. Rose's outpatient diabetes clinic offers diabetics who obtain a physician's referral more in depth education including an individual consultation followed by up to eight hours of group education, access to a monthly support group and follow up evaluation. If further assistance is required, St. Rose offers clients additional, individualized nutrition therapy and diabetes education on an ongoing basis.

The St. Rose diabetes education program has the prestigious American Diabetes Association (ADA) Certification of Recognition for diabetes self-management training. **WC**

FOR INFORMATION ON ST. ROSE'S DIABETES PROGRAM, CALL 702-616-6545.

SOCIAL MEDIA SMARTS

Be friend Facebook, Twitter and MySpace Privacy Settings.

Social media sites can be fun and informative and, fortunately, they are providing new and better tools to help their users limit the information (profile, updates and photos) that strangers can see. All the same, be sure to:

Pick a not-so-obvious password. Avoid simple names, nicknames or slogans that might allow others to access your accounts. Create a password of eight characters or more with a mix of upper- and lower-case letters, numbers and/or symbols such as this variant on WomensCare: W@MEEnZK@r.

Make your birth date a mystery. Identity thieves celebrate knowing your birth date because it makes hijacking your bank account or credit card accounts easier. When selecting or editing profile information, don't indicate your birthday – or just note the month you were born.

Keep weekend getaways quiet. Announce your family's weekend getaway after you've returned. Letting people know you're headed out of town is like leaving the door open for them to burglarize your home.

Don't Tweet If It's Not Sweet. The old adage, "If you don't have anything nice to say, don't say anything at all" still holds true in the social media age because its tough to take back something ugly you say that can be forwarded or seen by friends and friends of friends.

Want a Job, Don't Be a Slob. If you are looking for employment, tidy up what you post to social media sites. Employers are likely to look over your resume, as well as search out and scrutinize the comments, pictures or videos you post to the Internet.

Win this purse from DownEast Basics!



Join us on Facebook! Follow St. Rose and the WomensCare Centers on Facebook, Twitter, YouTube and Word Press for the latest updates on St. Rose events, WomensCare classes, healthcare innovations and "oh-so-simple" healthy living tips and tidbits that you can easily incorporate into your lives.

Become a fan of St. Rose on Facebook by December 1, 2010, and you'll be automatically entered to win the great purse pictured or one of 10 \$20 gift certificates from DownEast Basics – a clothing and accessories store – in the District at Green Valley Ranch.



RESIDENCE 3

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What Shall I Give You?



*Would you like a rainbow to follow each storm
A love that would keep you sheltered and warm
A beautiful sunrise of yellows and blues
Or maybe a sunset of radiant hues?*

*Would you like assurance that every new morn
Would find you with old dreams
and new hopes reborn?*

*These things I would give you, if only I could
Good luck and good fortune and everything good*

*But rainbows and sunsets that brighten the sky
are given by someone much greater than I
so what shall I give you that I have to give
Our love and affection as long as we live.*

GIVE A GIFT OF A...

Helping Hand. St. Rose's Helping Hands program is always in need of volunteers to provide rides for elderly and disabled clients to medical appointments, shopping and errands. For more information on volunteering, call 702-616-6554.

Prayer Blanket or Yarn. Donate yarn for patient prayer shawls. Yarn can be dropped off at any St. Rose campus or the WomensCare Centers. See page 10 to learn more about how to knit prayer shawls for St. Rose patients.

Your Time, Talent and Goodwill. St. Rose has hundreds of volunteers who offer good will and assistance at our front desks, gift shop and nurses' stations, as well as support in all of our departments. For more information on volunteer opportunities, call: Rose de Lima Campus, 702-616-7514; Siena Campus, 702-616-5543; or San Martín Campus, 702-492-8695.

This poem is one of the most meaningful gifts Shirley Brandt, RN (pictured on page 23) ever received. It was written to her when she worked in a Children's NICU in California more than 20 years ago. The author of the poem was a mother whose baby was born with a fatal heart defect. When the baby died, the woman was devastated – yet she realized she was not alone in her grief. She knew that Shirley, the nurse that had lavished her baby with loving nursing care was also in pain, so she wrote her this poem.

This holiday season, give thanks for the people who have touched your life – and reach out to them with a message that they will hold in their hearts for decades to come.



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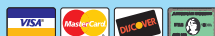
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