

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

# WomensCare

SPRING 2011 • ISSUE 49

**3RD  
ANNUAL  
ROSE  
REGATTA  
AT LAKE  
LAS VEGAS**

**WHAT'S  
YOUR  
STORY?  
JOURNAL IT!**

**THE MIRACLE  
OF MOTHER'S  
MILK**

*The* **BARBARA  
GREENSPUN**

**WomensCare**

*Center of Excellence*



**St. Rose Dominican Hospitals**

A member of CHW





## Upcoming Promotions

### *Ears to You!!!*

### **FREE EARRINGS!!!!**

*April 22nd – May 8th*

Perfect for Mother's Day... purchase any Brighton necklace and bracelet and receive a FREE pair of earrings as your gift\*.

(\*limited to stock on hand)

### *Wildheart Water Bottle* **FREE WATER BOTTLE!!**

*May 27th – June 12th*

Stay hydrated and in style this summer with Brighton. When you purchase \$100 or more of Brighton product, you'll receive a FREE Wildheart Water Bottle. (Limit one per customer)

### *Brighton Boardwalk Tote* **FREE TOTE!!!**

*June 24th – July 10th*

Pack all your essentials for summer fun in Brighton's Boardwalk Tote. Purchase \$100 or more and receive your FREE tote. (Limit one per customer)

*Shown Clockwise from the top: Olive Slim Tote \$148; Pretty Tough Large Wallet \$100; Avenue Etched 5/8" Belt \$38; Penny Convertible Hobo \$185; Heat Wave Charm Sunglasses \$75 with Hearts & Scrolls Sunglass Charm \$25 per pair (charms sold separately); Silverlake Minibag \$165; Francesca Hinged Bangle \$74; Arbor Sandal \$175; Gemma Soft Shoulderbag \$200; Twister 3/4" Belt \$46*



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

BRIBOR, LLC



Stephanie Kirby and Sandra Morel gear up to paddle for a purpose – the third annual Rose Regatta to benefit breast cancer services at St. Rose Dominican Hospitals. Learn more about the event on page 22.

# letter

FROM THE PRESIDENT



Dear Readers,

In this issue of WomensCare magazine, you will read about Karsyn Saddler's miraculous birth. Karsyn's father is also writing his own heart-felt account of the events surrounding her birth and her sheer will to survive against all odds in a journal that will undoubtedly be the version she treasures most.

The editor of WomensCare magazine recently encouraged me to begin journaling. She reminded me that whether we see our lives as dramatic or mundane, we all have thoughts, insights, information and stories worth writing down as part of our legacy (to be shared with family and friends now or after death). She has never been more certain of this than she has since poring through the 30 years of journals her late father left his family. Our editor refers to his journals as "readable Prozac™." Who among us couldn't use a mood enhancer like that in our times of struggle and strife – or in the aftermath of losing a loved one?

On a similar note, page 31 features a story about how St. Rose music therapist, Katie Turner, ministered to a cancer patient by listening to the thoughts and feelings the woman wished to express to her daughters. Katie then set the patient's thoughts to music. What a spiritually uplifting gift this mother's heart song was to her girls.

What's your story? Make time every so often to write it down.

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

## coverstory

### PADDLING FOR A PURPOSE

When Stephanie Kirby (cover) lost her mother to breast cancer in 2000, she couldn't wrap her mind around painful questions such as "Why my mom?" and "What will I do without her?"

What Stephanie could – and did – do was become a Komen for the Cure volunteer which ultimately led her down a new life's path. Stephanie is now the local executive director of Komen for the Cure.

"I came to understand that I was meant to work full-time to help find the cure for breast cancer and support the women and men affected by this disease," says Stephanie. "When I look at the situation locally, my concern is the lack of insurance and access to care, which is why fundraising is so important.

According to Stephanie, 75 percent of the proceeds raised locally by Komen for the Cure stay in southern Nevada to support breast cancer outreach efforts. Komen for the Cure recently awarded St. Rose's R.E.D. Rose program a \$340,000 grant.

"We are thrilled to continue our partnership of more than a decade with St. Rose, the WomensCare Centers and R.E.D. Rose," says Stephanie. "When it comes to serving the physical and emotional needs of people with breast cancer – and providing breast cancer care and support services for the uninsured and underinsured – St. Rose is the gold standard."

### PADDLE, PLAY AND STAY IN STYLE AT LAKE LAS VEGAS!

Make the most of your Las Vegas stay-cations. Learn to paddle a dragon boat at Lake Las Vegas! For more information on sensational summer activities, events and hotel specials offered at Lake Las Vegas, visit [www.lakelasvegas.com](http://www.lakelasvegas.com).

LET'S STAY IN TOUCH!



#### WOMENSCARE CENTERS

Director: Holly Lyman

Staff: Kristen Acevedo, Mickey Bachman, RN, Nicole Beck, RD, CLC; Marie Bevins, RN, IBCLC; Evelyn Castillo; Amy Godsoe; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Trianna Hunter, RN, CLC; Vicky Jeghir, CLC; Arla Leins, IBCLC; Avery Lewisohn, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel; Diane Peterson, RN, CLC; Kim Riddle, CLC; Linda Roth, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, CLC

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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





## A Princess' Story

On a sunny afternoon in February, Andrew Saddler finished assembling a solid maple crib and was working on plans for a matching wall frame to display what he describes as the most beautiful baby quilt ever made. The front side of the quilt features beloved princesses such as Cinderella, Sleeping Beauty and Belle. The back is a patchwork of fabric squares bearing prayers for his precious little princess, Karsyn.

Karsyn's birth was not a fairy-tale beginning. Her story is an against-all-odds saga better suited to a medical journal.

To fully appreciate Karsyn's story, Andrew told *WomensCare* about how his fiancée, Kari Molnar – a local attorney – first sought medical attention for severe abdominal pain. “Kari was diagnosed with Crohn's disease – a form of inflammatory bowel disease – when she was 18 years old,” says Andrew. “She has what she calls ‘flare ups,’ but I knew this was different because Kari is incredibly tolerant of pain and never complains about her condition.”

After Kari underwent several tests, the couple received unexpected news: Kari was expecting – and already nearing her third trimester. “Kari's medical condition made it hard for her to keep any weight on her small frame, and she didn't have monthly periods,” says Andrew. “We were shocked to find out that she could get pregnant and, unknowingly, carry our child for more than six months.”

Kari was hospitalized for a few days and then returned home. By the end of the following weekend, her abdomen became so swollen that Andrew said it looked as if she was wearing an inner tube around

her waist. “I knew the swelling wasn't a sign of a healthy pregnancy – something was seriously wrong.”

Andrew rushed Kari to St. Rose Dominican Hospitals – Siena Campus where doctors found that her bowel had burst and dangerous toxins were seeping throughout her body – putting her and Karsyn in serious peril.

“I was beside myself,” said Andrew. “It had only been seven days since I'd found out that I was going to have the family of my dreams, and there I stood fearing I might lose it just that fast.”

Kari and Karsyn's healthcare team set a course of action aimed at providing mother and child the best chance of survival. Kari underwent a bowel resection to remove the most damaged portion of her bowels and her internal organs were flushed to help reduce the further spread of toxins. The surgery was a success for Kari, but a few hours later, it was determined that in order to save Karsyn, she would have to be delivered by emergency C-section.

Andrew was physically and emotionally overwrought when Kari was wheeled away for a second surgery. He curled up on a bench to wait. As he lay there lost in his fear and confusion, Andrew says he felt as if something was sucking him down until Chaplain Carolyn Lass placed her hand on his back.

“It was incredible – she has a truly loving, healing touch,” says Andrew. “It made me feel like I was physically being lifted up. It restored my sense of faith and reassured me that everything was going to be OK.”

Karsyn Saddler was born at 26 weeks (a normal pregnancy is 38-40 weeks) weighing just two pounds; but the little princess wasn't out of the woods yet. With Kari's own fragile health, pumping breast milk proved impossible – and within a week or two, Karsyn's own underdeveloped intestinal system began reacting to the specialized preemie formula she was receiving like it was a foreign substance.

“Kari's sister is in medical school and she encouraged us to ask the hospital about providing Karsyn donor breast milk,” says Andrew. “However, St. Rose didn't have a donor breast milk policy in place.”

According to neonatologist, Dr. Farooq Abdulla, it was once commonplace for hospitals to accept breast milk donated by women in the community or from milk banks. As the popularity of formula increased – right along with the fear that communicable diseases could be spread from tainted donor breast milk – most hospitals stopped offering newborns donor milk.

“Hospitals such as St. Rose have a renewed interest in donated breast milk because it is not only the best source of nutrition for newborns, it also has powerful medicinal purposes for preemies,” says Dr. Abdulla. In addition, non-profit milk banks now have important safety processes in place. Milk donors are screened for health concerns and communicable diseases (similar to the way blood banks screen donors) and donated milk is pasteurized using the Holder Method which eliminates any bacteria while retaining the majority of the milk's beneficial components.

“St. Rose had been working toward adopting a donor breast milk policy,” says Dr. Abdulla. “Karsyn's family played a truly significant role in working with the hospitals' interdisciplinary healthcare team and administrators to expedite that process.”

St. Rose received Karsyn's first shipment of donor milk from Mothers' Milk Bank on February 19. The health of Andrew's princess has improved and she has steadily gained weight ever since.

*Andrew's Mother's Day message about Kari: I knew Kari was the girl for me as soon as I met her. I can't imagine life without her and the family she's given me. What she and Karsyn went through truly makes me appreciate how blessed I am to be a father. WC*

**A Mother's Milk is Medicine.** Breast milk is the best source of nutrition for a baby because it has unique properties that help defend against infections, prevent allergies and protect against a number of chronic conditions. The antibodies of the milk produced by the mother of a preemie can, for instance, help coat and seal tiny openings in a baby's intestines which reduces the likelihood that germs can make their way into the bloodstream. Other components help kill germs and aid in a preemie's ability to fight infections by stimulating the immune system's defenses against infection.



*Dr. Farooq Abdulla, Andrew and Kari with Karsyn*

## GOT EXTRA MILK?

If you are interested in becoming a breast milk donor, visit the Human Milk Banking Association of North America's website at [hmbana.org](http://hmbana.org) to learn more. Members of HMBANA are non-profit milk banks that will not resell your milk to for-profit companies that distribute the milk at costly mark ups. The Mothers' Milk Bank of San Jose, California, is the closest HMBANA Milk Bank to Nevada. It's committed to maintaining its non-profit status, providing community service, offering reasonable prices and ensuring the highest quality breast milk to its clients.

## ARE YOU AIDING OR IMPEDING SOMEONE'S BREASTFEEDING?

Surgeon General, Dr. Regina M. Benjamin, has issued a "Call to Action" asking families, employers, healthcare professionals and the general public to support the health of America's newborns by supporting breastfeeding women. A study published in the *Journal of Pediatrics* estimated that the nation would save \$13 billion per year in healthcare and other costs if 90 percent of U.S. babies were exclusively breastfed for six months. Seventy-five percent of U.S. babies start out breastfeeding, yet only 13 percent are exclusively breastfed at the end of six months. Mothers polled say that several factors impede their efforts: a low level of support from family or healthcare providers, negative accounts of breastfeeding shared by other women and a lack of time and privacy to express (pump) milk at their workplace.

*If you are a new mom searching for breastfeeding support, see page 13 for more details on the WomensCare Centers' breastfeeding hotline, consultation and new mommy mixers, as well as details on breast pump rentals.*

*continued on page 7*



# Final homes now selling in Nevada Trails.

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# Mamma Mia! Mamma's Milk!

**S**uzie Owens, the former assistant stage manager for Mamma Mia!, set her sights on her next gig well before the smash musical hit's last curtain call at Mandalay Bay in early 2009. Her goal: to become an international board certified lactation consultant (IBCLC).

"Staging musical productions was wonderful, but I am truly passionate about the importance of breastfeeding babies," says Suzie, who now works in the St. Rose Dominican Hospitals Level III Neonatal Intensive Care Unit helping the parents of premature or sick newborns set the stage for providing their babies breast milk.

"Helping a mother and baby bond through breastfeeding is optimal, but when a newborn is too premature or sick to suckle, our IBCLC's and lactation counselors are here to support a mother's efforts to express milk with a breast pump," says Suzie. "The mother's milk can then be fed to her baby through a tube – or bottle when it is well enough."

In cases where new mothers are unable to produce milk due to health reasons, St. Rose's IBCLC's are now able to help families secure milk through the Mother's Milk Bank in San Jose, California. Suzie was part of the interdisciplinary team that initiated the St. Rose breast milk donor policy. She drew upon her own experience as a mother to help secure a contract with the milk bank. "I breastfed my sons and had the good fortune to be able to pump and store enough milk to donate to the Mothers' Milk Bank on two occasions," says Suzie. **WIC**

## WOMENSCARE AND WIC OFFER BREASTFEEDING SUPPORT

If you are a moderately-low income woman who is pregnant, has an infant or children up to age five and could use nutritional support, WIC and WomensCare Centers can help. The following services are offered to clients who are nutritionally at risk:

**Breastfeeding Support** – Breastfeeding education, counseling, support services and breast pumps, as well as supplemental food vouchers for pregnant women and mothers of infants.

**Supplemental Food Program** – Nutrition educational classes and food vouchers, which are redeemable at local grocery stores, for pregnant women and mothers raising young child (newborn up to age five).

For more information about the WIC Program, call 616-4905.



*Suzie Owens, IBCLC, holds donor breast milk*



## What is an IBCLC?

**A:** St. Rose's team of international board certified lactation consultants (IBCLC's) has passed a rigorous board exam and earned credentials signifying their competence in providing comprehensive lactation and breastfeeding care as a member of the maternal child healthcare team. An IBCLC is able to:

- Work with mothers to prevent and solve breastfeeding problems
- Collaborate with other members of the health care team to provide comprehensive care that supports, protects and promotes breastfeeding
- Encourage a social environment that supports breastfeeding families
- Educate families, health professionals and policy makers about the far-reaching and long-lasting value of breastfeeding as a global public health imperative.

In addition, more than 20 members of St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Center of Excellence's staff have earned their certified lactation counselor (CLC) designations.

continued on page 9

*Your Needs  
Your Style  
Your Smile*



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- Fellow of the International Congress of Oral Implantology



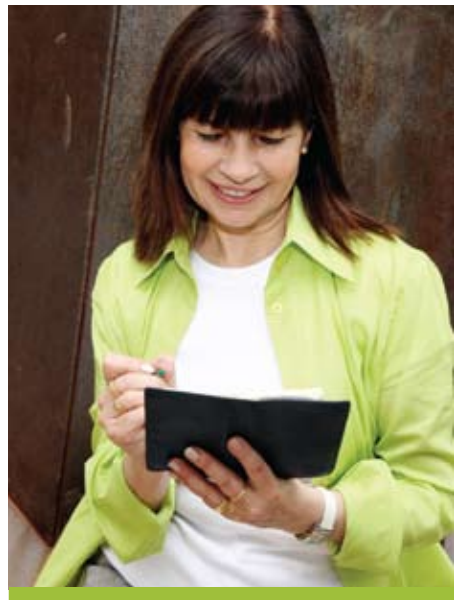
*Actual Client Before*



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702-735-2755  
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**SIMPLE TIPS FOR JOURNAL WRITING**

Journaling is a great way to write away your stress, draw upon your creativity, document your history and preserve meaningful memories. If you would like to journal but find that the fear of a book full of white pages, concerns about other people's reactions and a slew of other issues thwart your efforts, try:

**Using Journal Prompts.**

Use the lyrics from a song (Girls Just Wanna Have Fun), a bible verse (This Too Shall Pass), a slogan from your favorite ad (It's a New Day) or a famous quote (There's No Time to Waste Like The Present) as a topic. Also try taping copies of a few favorite photos in your journal. Then write a long, detailed caption for each one.

**Schedule Journaling Dates**

If journaling at a set time or specific day doesn't come naturally for you, schedule a date in your calendar. When you realize that date has come and gone, grab your journal and quickly write down what has happened in your life that has kept you from journaling.

**Designating a Diary Keeper**

If you choose to diary about emotions and events that may be too painful for others to read after your passing, designate a close relative or friend to take and keep or dispose of the journal in the way you would want.





## An Open Agenda: A Chaplain's Gift of Availability

If Chaplain Carolyn Lass has an agenda, it is to listen without one when a patient – or a loved one – expresses their spiritual needs through words, emotions, body language or even a deep, heavy silence.

“We all have a need to be heard. That need is often the greatest when we come face-to-face with mortality or experience the sense of mourning that may follow an illness or injury that changes life as we formerly knew it,” says Carolyn. “The greatest gift our chaplains can offer at that time is the gift of availability.”

St. Rose Dominican Hospitals' chaplains avail themselves to patients 24 hours a day, seven days a week.

“When we are consumed with pain and fear, we may take our eyes off of what we hold sacred – whether that is a belief in God or another source of spirituality that brings light into our lives,” says Carolyn. “During those dark times, even the most faith-filled or spiritual people can dissolve into circumstantial emotions.”

By asking open-ended questions, listening and offering support, Carolyn says that chaplains are often able to reconnect people to what is most meaningful in their lives and provide them some sense of peace and trust.

“Chaplains do not impress their own faith on a patient or loved one, but we do ask people if they would like to pray,” says Carolyn. “No one I have had the privilege to serve has ever said no.”

Carolyn believes this is because prayer can take many forms. “Some prayers are private or are said directly to God,” says Carolyn. “As chaplains, we recognize there is a sacred exchange that takes place whenever two or more people gather together to seek God's will.” **WC**

**Q** What services do St. Rose Dominican Hospitals' chaplains provide?

**A:** St. Rose's chaplains work as members of the interdisciplinary healthcare team and serve as trusted counselors professionally trained to help patients, family and staff find comfort and meaning from spiritual strength. They also offer support, attend to Palliative Care patients, facilitate family-physician conferences and ethics consultations. Chaplains can answer questions regarding the Durable Power of Attorney for Health Care Decisions and assist with conflict resolution stemming from multi-cultural differences and belief systems. They are also available to conduct the blessings of newborns.

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- ongoing family education

## location abbreviations

- COND - Siena Campus - Conference Room D, Henderson
- 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

### Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 616-4900 for appt.  
HEND:WEST:RDL:SAN

### The Art of Assertiveness

How to say what you need in a healthy way.  
**Tuesday, May 17; 6-7:30 p.m.**  
HEND

### Healing with Rhythm Drum Circle

Bring a healthy food item to share.  
**1st Friday – May 6 & June 3; 6:30-8 p.m. (CXLD-July 1)**  
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 pick up a prayer shawl for them.  
**2nd & 4th Thursdays – May 12 & 26, June 9 & 23, July 14 & 28; 10:30 a.m.-noon. Learn to knit or crochet.**  
HEND  
**2nd & 4th Thursdays – May 12 & 26, June 9 & 23, July 14 & 28; 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 – May 10, June 14, July 12; 6:30-8:30 p.m.**  
WEST: \$5

### Medicare ABC's

Decipher the Medicare maze and learn how to maximize the benefits of Medicare for you and your family.  
**Tuesdays, May 10, June 14 or July 12; 9-10 a.m.**  
HEND

### Relaxation Meditations

Practice techniques that promote peace and good health.  
**Tuesdays – May 10, June 14, July 12; 5:30-6:30 p.m.**  
HEND  
**Tuesdays – May 3, June 7, July 5; 6-7 p.m.**  
WEST

### Tea & Talk Book Club

Call 616-4900 for monthly book titles.  
**3rd Thursday – May 19, June 16, July 21; 2:30-3:30 p.m.**  
HEND

### Nourish Your Soul

Join Susan Provost for enlightening topics and a cup of tea.  
**Thursday, June 9; 2-4 p.m. – Goal Setting: Who Do You Want to Be?**  
HEND  
**Thursday, July 21; 2-4 p.m. – Goal Setting: Who Do You Want to Be?**  
WEST

### Music 4 Life®: Your Mental Spa with Drumming & Chanting

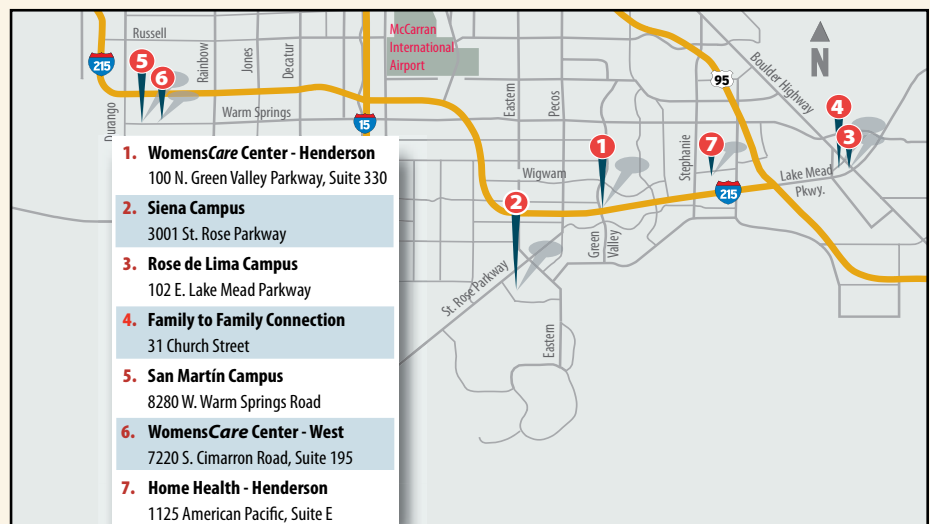
Experience a mental bath, cleansing your emotions through drumming and chanting that weave Music 4 Life® into powerful stress reduction. Facilitated by music therapist, Judith Pinkerton.  
**Friday, June 10; 6-7 p.m.**  
WEST

### Girl Talk

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

### Help Helping Hands!

**Needed:** Volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping. No extra time to help? Gasoline gift cards greatly appreciated!  
**Call 616-6554 if you can help.**





# SpringCalendar

of classes and upcoming events

## exercise & fitness

### 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

### Beginner Pilates

Build a strong core with floor exercises.  
**Wednesdays – 10:30-11:30 a.m. with Janice**  
HEND: \$5 per session or 5 sessions for \$20

### NEW: Chair Exercise

Breathe easy with safe and gentle exercises for those with physically limiting conditions.  
**Tuesdays – 10-11 a.m.**  
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 or 5 sessions for \$20

### Gentle Yoga

Gain flexibility and balance through gentle yoga movements.  
**Mondays – 5-6 p.m. with Don**  
**Tuesdays & Thursdays – 10-11 a.m. with Jeannine**  
**Wednesdays – 9-10 a.m. with Jeannine**  
HEND: FREE  
**Mondays & Wednesdays – 9-10 a.m. with Sharon**  
WEST: \$5 per session or 5 sessions for \$20

### SUPER SAVING SATURDAYS!

#### Beginner's Yoga

Learn the basic moves of yoga.  
**Saturdays – 11-noon with Lynn**  
HEND: FREE  
**Mixed Level Yoga - Saturdays – 9-10 a.m. with Lynn**  
WEST: FREE

### Vinyasa Flow Yoga

Now that you know the basics, follow your breath and move through yoga postures to build strength, balance and flexibility.  
**Tuesdays – 6-7 p.m. with Don**  
**Wednesdays – 6-7 p.m. with Jen**  
**Fridays – 9-10 a.m. with Jen**  
WEST: \$5 per session or 5 sessions for \$20

### Tai Chi

Join Stella Huang to learn the graceful Chinese martial art that creates relaxation and improves balance through slow, controlled movements.  
**Beginner: Wednesdays – 1:30-2:30 p.m.**  
**Intermediate: Wednesdays – 3:30-4:30 p.m.**  
**Advanced: Wednesdays – 2:30-3:30 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

### 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. and 7:30-8:30 p.m. with Lucy**  
WEST: \$5 per session or 5 sessions for \$20

### Belly Dancing

**3rd Saturday – May 21, June 18, July 16; 10-11 a.m. with Linda**  
HEND: \$5 per session or 5 sessions for \$20  
**2nd Saturday – May 14, June 11, July 9; 10:30-noon with Goldie**  
WEST: FREE

## nutrition

### Nutrition Consultations

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

How can you boost your metabolism to burn more calories? Join Dr. Dominic Riccardi to find out how.  
**Wednesday, May 18; 6-7:30 p.m.**  
WEST

### Cardiac Nutrition

Learn how to eat for your heart's health from Sharon Nasser, RD.  
**Wednesday, June 15; 10-11:30 a.m.**  
HEND  
**Tuesday, July 12; 10-11:30 a.m.**  
WEST

### Carbs. The New Evil!

All carbohydrates are not created equal. Learn the good, the bad and the ugly of carbohydrates from Dr. Dominic Riccardi and how they affect your body, metabolism and appetite.  
**Wednesday, June 8; 6-7:30 p.m.**  
WEST

### DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension developed by the USDA.  
**Thursday, June 16; 6-8 p.m.**  
WEST



## ROSE REGATTA

### Dragon Boat Paddling Practices

#### Beginner Workshops

Learn the basic strokes of paddling. Advance registration and payment are required on [www.roseregatta.org](http://www.roseregatta.org) or by calling 616-4900.

Saturdays – May 14, June 4, 18, July 9 or 23; 9:30-11 a.m.

Tuesdays – May 24 or July 12; 6-7:30 p.m.

Wednesdays – June 8 or July 27; 6-7:30 p.m.  
LAKE LAS VEGAS MARINA: \$10 per person

#### Experienced Dragon Boat Paddling Practices

Returning paddlers who want to jump aboard and paddle for fun and fitness. Advance registration and payment is required on [www.roseregatta.org](http://www.roseregatta.org) or by calling 616-4900.

1st & 3rd Thursdays – May 5 & 19, June 2 & 16, July 7 & 21; 6:30-7:30 p.m.  
LAKE LAS VEGAS MARINA: \$5

#### Pink Paddlers Breast Cancer Survivor Team Practices

Advance registration is required. Call 497-3385.

1st & 3rd Mondays – May 2 & 16, June 6 & 20, July 18; 6:30-7:30 p.m. (No practice July 4)  
LAKE LAS VEGAS MARINA: FREE



LAKE LAS VEGAS

**DO YOU HAVE A  
ST. ROSE DOCTOR?  
CALL 616-4508  
OR VISIT  
STROSEHOSPITALS.ORG**

# may · june · july

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

## REMEMBERING PRINCESS DIANA, 50TH BIRTHDAY TEA

With Joan Greene, Ashton Drake Princess Diana Doll Designer. Call Royal Tea Society 233-3795 for reservations.

Sunday, June 26, 11 a.m.-1 p.m.

LAKESIDE AT DESERT SHORES: \$50

Proceeds benefit R.E.D. Rose Program for early detection of breast cancer.



### Emotional Eating

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

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

WEST

## screenings

**Call 616-4900 for screening appointments.**

### Becoming Medicine Wise

Do you have questions about your current prescription and over-the-counter medications? Meet individually with Pharmacist Krystal Riccio and leave with an improved understanding of why and how you should be taking your medications, potential interactions and possible side effects.

**Thursdays – May 19 or July 21; 9 a.m.-noon**

HEND

**Thursdays – June 9 or July 7; 9 a.m.-noon**

WEST

### Peripheral Artery Disease Screening

Do you have any signs or symptoms of PAD? St. Rose Radiology Department can screen you.

**Thursday, May 26; 8 a.m.-noon**

HEND, Rehab Suite 140: FREE

### 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.

**Tuesday, June 7; 7-10 a.m.**

HEND: Listed above

**Tuesday, July 19; 7-10 a.m.**

WEST: Listed above

### How High Is Your CO?

Smoke or around those that do? A carbon monoxide screening can measure the concentration of CO on your breath.

**Tuesday, June 21; 1-3 p.m.**

HEND: FREE

**Tuesday, June 14; 1-3 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.

**Tuesday, June 21; 10 a.m.-noon**

HEND: FREE

**Tuesday, July 26; 10 a.m.-noon**

WEST: FREE

### Skin Cancer Screening

Have a suspicious mole or spot? Have Kristine Herlevi P.A.-C from dermatologist, Curt Samlaska, M.D.'s office check it out.

**Thursday, June 23; 2-4 p.m.**

HEND: 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, the National Breast Cancer Foundation and the Avon Foundation.

## integrative medicine

### Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

**1st Thursday – May 5, June 2, July 7; 1:30-2:45 p.m. with Freddie**

HEND

**1st Tuesday – May 3, June 7, July 5; 7-8 p.m. with Freddie**

WEST

### Reiki Healing Consultations

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

**Tuesdays – May 10, June 14, July 12; 1:45-3:15 p.m.**

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

**Call 616-4900 for a west side appointment.**

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

### Reflexology Foot Massage

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

**Mondays – May 23, June 20, July 18; 9:30 a.m.-12:30 p.m.**

**Fridays – May 6, June 10, July 8; 2:45-5:30 p.m.**

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

**Call 270-6313 for a west side appointment.**

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

### Lay Down And Lose Weight With Hypnosis

While in a deep state of relaxation, open your mind to new positive intentions and affirmations for weight loss. Bring your pillow.

**Tuesday, May 24; 6-8 p.m.**

HEND: \$25 (includes CD)

**Wednesday, June 15; 6-8 p.m.**

WEST: \$25 (includes CD)

## smoking cessation

### Freedom From Smoking

Kick the habit with support from one another in the seven-week American Lung Association smoking cessation program.

**Tuesdays – May 24, 31, June 7, 14, 21, 28, July 5, & Thursday, June 16; 2-3:30 p.m.**

WEST: FREE

### Relax and Stop Smoking With Hypnosis

Through guided relaxation and positive affirmations, reprogram your self to be smoke free! Wear comfortable clothes.

**Monday, June 6; 6-8 p.m.**

HEND: \$25 (includes CD)

**Wednesday, June 29; 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.

## health conditions

### 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.

**Tuesday & Wednesday – May 10 & 11, June 14 & 15 or July 12 & 13; 9 a.m.-1 p.m.**

**Tuesday & Wednesday – May 24 & 25, June 28 & 29 or July 26 & 27; 5-9 p.m.**

HH

### Stroke Club @ St. Rose

Join Carol Dow-Richards and Lori Wright to explore helpful strategies for stroke survivors in a supportive setting. Caregivers welcome, light refreshments served.

**Thursday, May 26 – Focusing on Abilities with Young Stroke Survivor, David Dow; 6-7 p.m.**

**Thursday, June 23 – Q & A with Neurologist, Dr. Scott Selco; 6-7 p.m.**

**Thursday, July 28 – Life after Stroke, Mary Foster, clinical stroke coordinator; 6-7 p.m.**

MAC

### Diabetes and Your Eye Health

Join Dr. Todd Jackson of Nevada Eye Care for an interactive, in-depth look at how diabetes can affect your vision for years to come.

**Tuesday, May 3; 6-7 p.m.**

HEND



# SpringCalendar

of classes and upcoming events

## The Irritated Eye

What's red, white and irritated? Dry eyes, bloodshot eyes, allergy eyes and more! Learn simple remedies to keep your eyes problem-free with Dr. Stewart Park of Nevada Eye Care.

**Wednesday, July 13; 6-7 p.m.**

WEST

## Lower Cholesterol with TLC (therapeutic lifestyle changes)

Get your numbers right through nutrition, exercise, relaxation and supplementation.

**Thursday, July 14; 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: FREE

## 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 nonhealthcare provider.

**Saturday, May 14; 10 a.m.-2 p.m.**

**Wednesday, June 22; 5-9 p.m.**

**Saturday, July 9; 10 a.m.-2 p.m.**

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

**Saturday, June 11; 10 a.m.-2 p.m.**

**Friday, July 22; 1-5 p.m.**

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

### BLS Healthcare Provider CPR/AED Course

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

**Thursday, May 19; 5-9 p.m.**

**Saturday, June 4; 10 a.m.-2 p.m.**

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

**Thursday, June 23; 5-9 p.m.**

**Saturday, July 23; 10 a.m.-2 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 – May 9, June 6 or July 11; 9:30 a.m.-1:30 p.m.**

**Fridays – May 27, June 24 or July 29; 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.

**Monday, June 27 or July 25; 9 a.m.-4:30 p.m.**

HEND: \$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, June 25; 10 a.m.-2 p.m.**

RAN

Join Sergeant Annette Darr from Las Vegas Metropolitan Police Department to learn to identify offenders and protect yourself from danger. Parents and teens are encouraged to attend.

**Saturday, June 11; 10 a.m.-2 p.m.**

SAN

## programas en español

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

### Tomando Control De Su Salud

Este taller es para aprender sobre el manejo de las enfermedades crónicas. El taller de seis semanas se impartirá. Para obtener más información o para registrarse llame al 564-0896

**Mayo 10, 17, 24, 31 (Martes), Junio 6 y 13 (Lunes), de 10 a.m.-12:30 p.m.**

**Agosto 2, 9, 16, 23, 30, Septiembre 6 (Martes), de 10 a.m.-12:30 p.m.**

GIBSON LIBRARY (100 W. LAKE MEAD): GRATIS

### RED Rose

No tiene seguro médico o su seguro médico no cubre mamogramas y tiene 49 años o menos el programa de RED Rose le podría ayudar. Para más información llamar al 616-7525.

### WIC

Alimentos saludables, consejos en nutrición y lactancia para mujeres embarazadas y niños de 0 a 5 años. Llama al 616-4905.

### Para obtener informacion sobre las clases y recursos en espanol, por favor llame a 564-0896.

## breastfeeding

### St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, breastfeeding consultations and breast pumps for pregnant women and children up to age 5. Call 616-4905.

HEND WIC; WEST

### Breastfeeding Helpline 616-4908

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



## TAKE CHARGE OF YOUR HEALTH

### CHAMP - Congestive Heart Active Management program

Join our Congestive Heart team, Krystal Riccio, PharmD, Jan Waters, RD, Jan Guerra, RN, for a workshop on managing your condition.

Wednesday, June 1; 9 a.m.-12:30 p.m.

HEND

### Life's Simple Seven for a Healthier Heart

American Heart Association's program for identifying your risk factors for cardiovascular disease and learning the next steps in prevention and management.

Wednesday, June 8; 9 a.m.-noon

WEST

### Healthy Aging: Up2Me

Learn how to regain control of your life while living with a chronic condition through goal setting, overcoming barriers, practical exercises, relaxation techniques and more by attending the FREE six-week Stanford Chronic Disease Self Management Program.

Green Valley Library – Mondays – May 2-June 13 (no May 30); 5:30-8 p.m.

Gibson Library – Wednesdays – May 4-June 8; 10 a.m.-12:30 p.m.

Willow Creek at Buffalo – Tuesdays – July 12-Aug. 16; 9:30 a.m.-noon

Willow Creek at San Martín – Thursdays – July 21-Aug. 25; 1-3:30 p.m.

Humana Guidance Center – Mondays – July 11-Aug. 15; 9:30 a.m.-noon

Call 616-4900 for reservations and more locations: FREE

# may · june · july

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

## support groups

**COND** - Siena Campus - Conference Room D, Henderson  
**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**  
**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**

**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**  
**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**

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

**Senior Peer Counseling** – Call 616-4900. **HEND, WEST**

**Social Seniors 50+** – 3rd Monday, 6 p.m. **HEND**; 3rd Thursday, 2 p.m. **WEST**

**Stroke Club @ St. Rose** – 4th Thursday, 6 p.m. **MAC**

**Surviving Suicide Bereavement Support Group for Adults** – 1st & 3rd Tuesdays, 6:30 p.m. **HEND**

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

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

## ARE YOU 55-64 YEARS OLD AND UNINSURED?

Access to Healthcare Network is a local non-profit providing a low to no cost healthcare solution.

Call today for additional information.  
702-489-3400

## Breastfeeding Consultations

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**

**Saturdays – 2-3 p.m.**  
**HEND**

## La Leche League

**4th Thursday – May 26, June 23, July 28; 10-11 a.m.**  
**FTF**

## pregnancy & childbirth

Log on to [www.strosehospitals.org](http://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 classes, call 616-4910.

## 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 – May 14, June 11 or July 9; 9 a.m.-2 p.m.**

**HH: \$35 (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.

**Tuesday, May 24; 6-8 p.m.**

**Wednesday, July 20; 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 children to develop gross motor, fine motor and cognitive skills. Parents participate with children ages (18 months to 5 yrs.) while bonding and achieving developmental milestones. Call 616-4900 to register.

**Thursdays – 11:15-11:45 a.m. or noon-12:30 p.m.**

**HEND: FREE**



## BETTER BREATHERS CLUB

American Lung Association's support group for learning new skills and information to manage chronic lung disease. Caregivers welcome.

**2nd Tuesday; 2-3 p.m.**

**PARAGON HEALTHCARE (1655 W. Horizon Ridge, Ste. 100)**

**3rd Wednesday; 10-11 a.m.**

**VITAL CARE (813 Arizona St., Boulder City)**

## LEARN MORE - BREATHE BETTER

Cough! Wheeze! Hack! Listen to your lungs. They could be telling you that you have chronic obstructive pulmonary disease. Learn the signs and symptoms of COPD and how to breathe easier.

**Wednesday, June 15; 3:30-4:30 p.m.**

**HEND**



# Family Education

## Toddler Zumba

Experience the exciting rhythm of Latin music and movement with your kids.

**2nd & 4th Mondays (ages 18 mos.-3 yrs.) – May 9 & 23, June 13 & 27, July 11 & 25; 4:30-5 p.m.**

**2nd & 4th Thursdays (3-5 yrs. old) – May 12 & 26, June 9 & 23, July 14 & 28; 4:30-5 p.m.**

WEST: FREE

## Car Seat Safety Checks

Call 616-4901 or 568-9601 for appt.

**Fridays – May 13, 27, June 10, 24, July 8, 22; 3-5 p.m.**

**Tuesdays – May 17, June 14, July 12; 5-6 p.m.**

HEND; FTF: \$10 per family

## Mommy & Baby Yoga

Moms and babies ages 6 weeks - 1 year.

**Fridays – 1:30-2:30 p.m.**

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

**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 & Family to Family south for music and movement.

**Tuesdays – 2-2:40 p.m. or 2:50-3:30 p.m.**

HEND

**Tuesdays – 3-4 p.m.**

WEST

## Infant Nutrition

Join Family to Family for a weekly mommy baby group focused on infant nutrition – homemade baby food, weaning, starting solids, etc.

**Mondays – 2-3 p.m.**

HEND

## Infant Development

Join Family to Family for a weekly playgroup geared toward the growth and development of babies up to age one.

**Wednesdays – 2-3 p.m.**

HEND

## 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 – 11 a.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

## When to Call the Doctor

Helpful tips on what to look for and when to call the doctor with little ones. Ages birth-12 months.

**Tuesday, May 3; 10-11 a.m.**

FTF

## Mother's Day Tea Party

Enjoy a relaxed moment with Family to Family south along with a take home craft to celebrate our special mommies. Ages birth-48 months.

**Monday, May 9; 11 a.m.-12:30 p.m.**

FTF

## Wee Can Sign: Baby Sign Language Level I

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

**Fridays – May 13, 20, 27 & June 3; 9:30-10:30 a.m.**

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

**Saturdays – May 21, 28, June 4 & 11; 12:30-1:30 p.m.**

**Thursdays – June 2, 9, 16 & 23; 11:30 a.m.-12:30 p.m.**

**Saturdays – July 9, 16, 23, 30; 12:30-1:30 p.m.**

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

For more information, log on to [www.WeecanSign.com](http://www.WeecanSign.com)

## Sing and Sign: Baby Sign Language Level II

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

**Fridays – June 17, 24, July 8 & 15; 9:30-10:30 a.m.**

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

**Thursdays – May 5, 12, 19 & 26; 11:30 a.m.-12:30 p.m.**

**Saturdays – May 21, 28, June 4 & 11; 2-3 p.m.**

**Saturdays – July 9, 16, 23 & 30; 2-3 p.m.**

**Thursdays – July 7, 14, 21 & 28; 11:30 a.m.-12:30 p.m.**

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

For more information, log on to [www.WeecanSign.com](http://www.WeecanSign.com)

## Happiest Baby on the Block

Learn the award-winning techniques for soothing fussy newborns developed by Pediatrician Harvey Karp. Ages prenatal – 3 months.

**Tuesday, May 31; 10-11 a.m.**

FTF

## Intro to Love & Logic-Early Childhood Made Fun!

Parents who are interested in new and exciting techniques from Love & Logic are encouraged to attend this information class. Ages 12-48 months.

**Wednesday, June 1; 10-11 a.m.**

FTF

## Toddler Law of Sharing

Are you a parent who struggles with getting their toddler to share? Join Miss Tawanda as we discuss sharing from a toddler's point of view.

**Tuesday, June 7; 10-11 a.m.**

FTF

## Love & Logic-Early Childhood Made Fun!

Learn practical skills to handle the most frustrating parenting concerns. 5 sessions.

**Fridays – July 8, 15, 22, 29 & Aug. 5; 1-3 p.m.**

FTF

## Bonding Through Music

Learn the importance of singing and engaging your baby through music and movement. Ages birth-12 months.

**Friday, July 15; 10-11 a.m.**

FTF



**ONLINE REGISTRATION AVAILABLE** for Family Education Classes.

Log on to:

[www.strosehospitals.org](http://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, 877-0684

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

**San Martín Campus Maternity Tour** - 3rd Saturday

Call 616-4901 to register for tours.

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



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*Nevada Eye & Ear*

2598 Windmill Parkway (Windmill at Pecos) | 9100 West Post Road (I-215 between Sunset & Russell)  
2020 Goldring Medical Plaza, Ste. 401 (Goldring at Shadow Lane) | [www.nevadaeyeandear.com](http://www.nevadaeyeandear.com)



# It's Your Time!

## Women's Health Week – May 9-13



Your good health is something to be celebrated! Because a woman's health and well being often come second to the needs of those who depend on her, the U.S. Department of Health and Human Services' Office on Women's Health is encouraging women to take time to make their health a top priority. Participate by calling your healthcare provider to set up an appointment for a checkup or an important preventative screening. Look at the recommended health screenings below to determine if there is a screening you need.

### General Health Check up

Frequency: Every year

### Thyroid Test (TSH)

Starting Age: 35

Frequency: Every 5 years

### Blood Pressure Test

Starting Age: 21

Frequency: Every 1 to 2 years if normal.

### Cholesterol Test

Starting Age: 45

Frequency: Every 5 years

### Bone Mineral Test

Starting Age: 65 or earlier if you have a history of bone injury or certain illnesses.

### Diabetes Blood Sugar Test

Starting Age: 45

Frequency: Every 2 to 3 years

### Pap Test and Pelvic Exam

Starting Age: 21 or earlier if you have been sexually active

Frequency: Every 1 to 3 years (depending on Pap results); after 65, discuss frequency with your health care provider

### Chlamydia Test

Starting Age: 18 or earlier if sexually active

Frequency: Discuss with your healthcare provider

### Sexually Transmitted Disease (STD)

Talk to your healthcare provider about your potential risk for STDs and ask about testing and the vaccine that may protect against human papillomavirus (HPV).

### Breast Health Mammogram

Starting Age: 40 (earlier if family history of breast cancer)

Frequency: Every 1 to 2 years

### Colorectal Health

Starting Age: 50 (earlier if family history of colorectal cancer or you've suffered long-term inflammatory bowel disease)

### Fetal Occult Blood Test

Starting Age: 65

Frequency: Yearly

### Flexible Sigmoidoscopy

Starting Age: 50

Frequency: Every 5 years

### Colonoscopy

Starting Age: 50

Frequency: Every 10 years

### Oral/Dental Exam

Frequency: 1 to 2 times per year

### Eye Exam

Starting Age: 18

Frequency: Once initially between 20 and 39, every 2 to 4 years after 40 and every 1 to 2 years after 65 (may be more frequent based on your vision).

### Ear Health

Starting Age: 18

Frequency: Every 10 years (depending on results).

### Mental Health Screening

Discuss with your healthcare provider

### Influenza Vaccine (Flu Shot)

Starting Age: Talk to your healthcare provider about the vaccine. Some recommend it for all women (particularly those who are pregnant, older or at higher risk for infection)

Frequency: Yearly

### Pneumococcal Vaccine

Starting Age: 50

Frequency: One time only

### Tetanus-Diphtheria Booster Vaccine

Starting Age: 18

Frequency: Every 10 years



## ORAL HEALTH IMPORTANT TO OVERALL GOOD HEALTH

Who is more likely to have better oral health – a man or woman? “Women tend to be more attentive to dental hygiene than men, but the hormonal fluctuations brought on by puberty, menstruation, pregnancy and menopause make women more susceptible to dental health issues,” says Dr. Patrick Simone, DDS. “In general, hormonal changes affect the blood supply to the gum tissue and the body's response to toxins that result from plaque build up.”

High hormone levels in puberty can, for instance, increase blood circulation to the gums causing sensitivity, irritation and a greater likelihood of infection. Likewise, hormone fluctuations prior to menstruation can cause mild gingivitis or a swell in salivary proteins which lead to bad breath.

According to Dr. Simone, “Women need to be vigilant about maintaining good oral health during pregnancy as they are more prone to gum disease which can significantly increase the risk of having pre-term or low birth-weight babies.”

Being mindful of oral health is also important in the years surrounding menopause when a decrease in estrogen can increase a woman's risk of developing gum disease which can lead to tooth decay and osteoporosis which may lead to bone loss around the teeth.

“Good oral health is important to a woman's overall health throughout life,” says Dr. Simone. “By brushing twice a day, flossing at least once a day and having routine dental check ups, most women enjoy as good – if not better – oral health than men.”

*Please Join Us!*

## Stroke Club @ St. Rose

Fourth Thursday of each month

6 - 7 p.m.

MacDonald Conference Center  
St. Rose Dominican Hospitals – Siena Campus  
3001 St. Rose Parkway

*If your life – or that of a loved one – has been affected by stroke, I hope you will join us.*

- Carol Dow-Richards



*"Stroke can be life shattering and can physically and emotionally isolate some of its survivors," says Carol, who saw it happen to her gifted young son, David, when he was just 10 years old. "What I learned through my son's experience is that it's important to invite survivors to band together to swap ideas and techniques for managing or moving past stroke-related problems. The more supportive and social the setting we can provide, the more likely people are to attend and to help one another put the pieces of their lives back together."*



Bloom Where You Are Planted by David Dow





April 1, 2011

Last night I was the guest speaker at the Stroke Club. I shared details about the massive stroke I suffered when I was 10 years old while on a family vacation in Las Vegas.

No two strokes or stroke recoveries are ever the same, but I think my story and commitment to focusing on what I can do, instead of what I cannot do, resonated with the group.

I talked about how excited I was to go back to school after my stroke - and admitted how lonely and angry I became when I felt people treated me differently because I was in a wheelchair and suffered from aphasia (a disability that affected my ability to speak, read and write - not my intellect).

Even after my 16 years of therapy, I can't say that anything is as easy as it was before my stroke, but I let the group know that I feel blessed to have the ability to walk, read, write and talk again.

Finding the will to get better isn't easy, but I hope that this new Stroke Club will encourage survivors to support and motivate one another. My motivation: to help make a difference in the lives of people who have experienced stroke and aphasia. Stroke can't take that away from me. **I KNOW I MADE A DIFFERENCE!**

- David

### AND THE ANSWER IS? IT'S IN YOUR MEDICAL DIARY

A visit to your doctor can be like a game of 20 questions. Be prepared with answers by keeping a medical diary that chronicles:

- **Your Current Health Issues** including symptoms, diagnoses, medical treatments, and a list of the name, dosage and frequency of prescription or over-the-counter medications and supplements you take.
- **The Lowdown on Your Lifestyle** including your eating, sleeping and exercise habits. Also include information about whether you smoke, drink alcohol or take illicit drugs - and if you do, how often.
- **Your Health History** and a few details regarding the medical history of immediate and close extended family if they have suffered from specific diseases or chronic illnesses.



Years ago, I pasted my children's artwork to the refrigerator. Now I pass my son David's art out at the Stroke Club. Every mom needs a chance to brag a bit, right?

David took painting classes before his stroke, but I feel that the paintings he did in the years immediately following his stroke - like Bloom Where You Are Planted - truly capture his spirit.

After David's stroke, I feared that trying to manage a brush with his left hand would only add to his mounting frustrations over losing the use of his right side and his ability to speak, read and write.

David prevailed, however, and for a few years painting became a source of therapy and hope - and his first experiences as a young entrepreneur. I can still picture how David's face beamed when he counted his earnings from each art show he participated in.

David continues to bloom where he was planted by masterfully weaving his life around what he can do, not what he can't do. I think he's found that he can truly help stroke survivors improve their health and quality of life through his motivational talks.

When I give people a copy of "Bloom Where You Are Planted," I hope they see what I see - that the seeds of hope start from within!

- Carol





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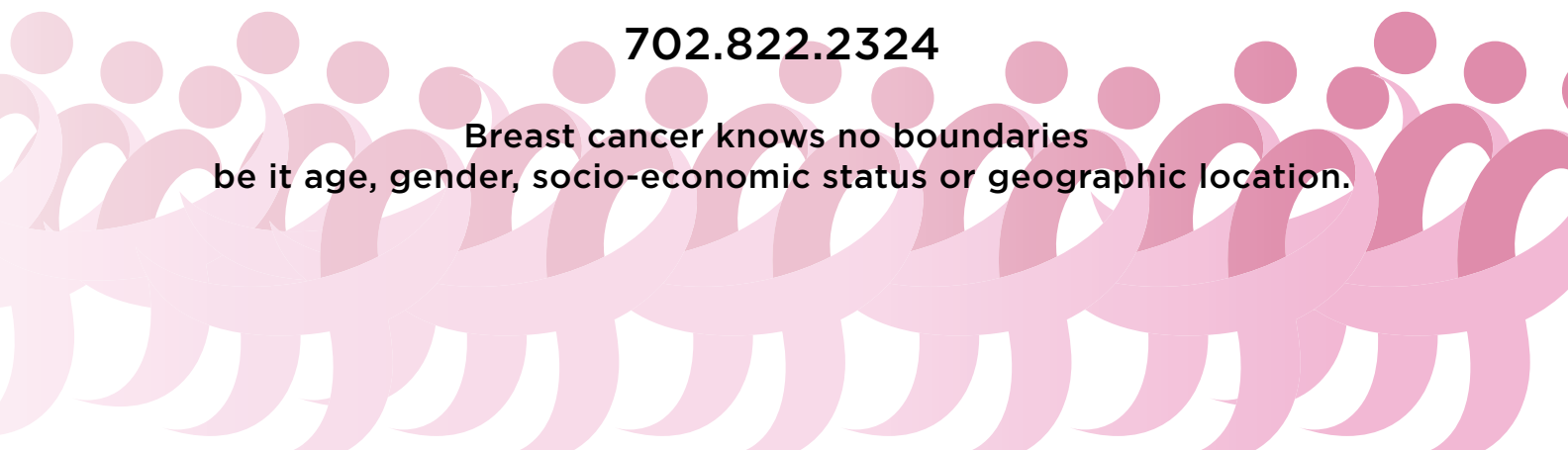
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Breast cancer knows no boundaries  
be it age, gender, socio-economic status or geographic location.







Sandra Morel, R.E.D. Rose Breast Health Navigator, is armed to paddle in St. Rose's Rose Regatta Dragon Boat Festival.

# Join the Battle Against Breast Cancer

The battle against breast cancer is one of the biggest wars our country – and the world – has ever waged. Volunteers are vital to the troops helping raise millions of dollars that help fund breast education, screenings, diagnosis and treatment, as well as research that will one day find a cure that stops the disease before it starts.

*Join the troops as well as Avon's Army of Women. Find out how.* ➔

Until a weapon that can wipe out breast cancer (think vaccine) is discovered, regular breast screenings capable of detecting the disease when it is most treatable still remain the best way for women to lower their risk of dying from breast cancer. In fact, with continually improving techniques for fighting breast cancer, there is a 97 percent, five-year survival rate if it is detected and treated before the cancer spreads to other parts of the body.

*Get Screened. Learn more about what tests to get when.* ➔

As essential as early detection and treatment are, many women at high risk for breast cancer lack adequate medical insurance or the financial resources to take advantage of routine breast cancer screenings. This is especially evident in southern Nevada, which ranks among the highest in the nation for uninsured and underinsured individuals. Fortunately, St. Rose Dominican Hospitals' R.E.D. Rose program provides breast cancer services and financial assistance to individuals who are or may be facing the battle of their lives.

*Support events that support R.E.D. Rose.* ➔

*continued on page 22*

# The Beauty of R.E.D. Rose

**R**uth Saro painted the vibrant acrylic mural that hangs in the R.E.D. Rose offices at St. Rose Dominican Hospitals – Rose de Lima Campus. It is her tribute to the program and the people who helped her win her battle against breast cancer.

“Painting is my passion, but I was working as a financial counselor in a medical clinic when I was diagnosed with Stage II breast cancer,” says Ruth. “I had a good income and the medical insurance necessary to cover my initial screening and early treatment.”

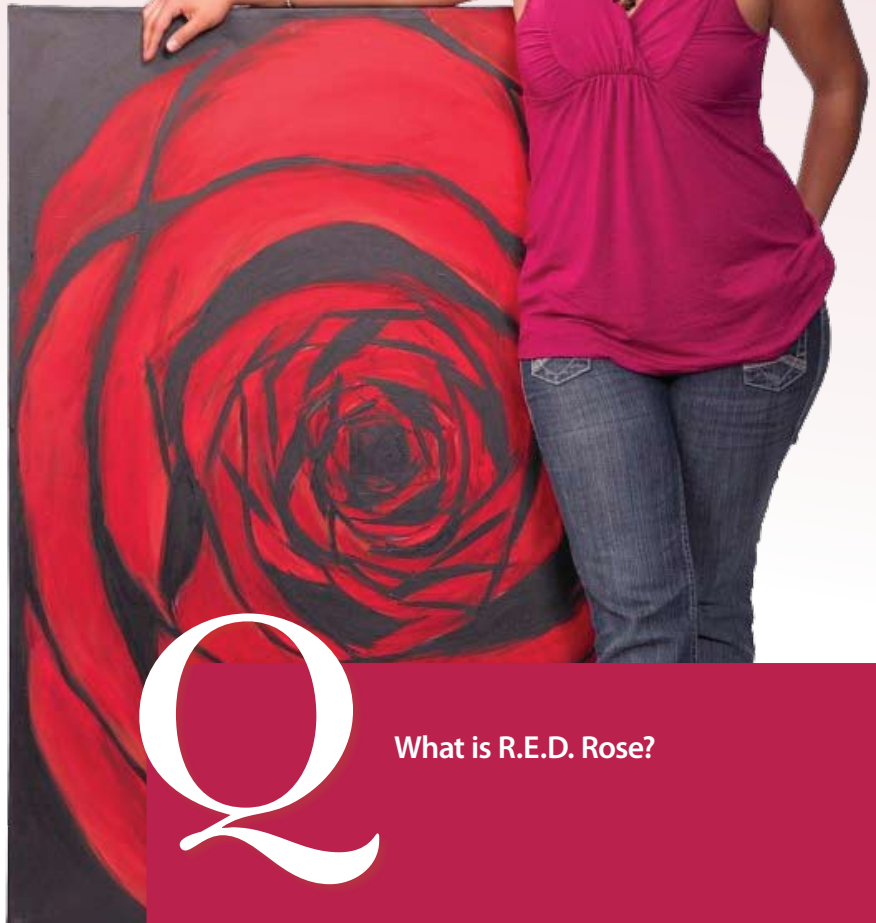
Ruth’s circumstances became more challenging when she was laid off from her job after her three months of medical leave were up. “I was blessed to have the support of R.E.D. Rose until my short-term disability kicked in,” says Ruth.

Ruth’s treatment ultimately took two years and included a double mastectomy, months of chemotherapy and two breast reconstruction surgeries, plus surgery for a broken ankle (attributed to the weakening of her bones caused by chemotherapy).

“Breast cancer is tiring and stressful – and having to ask for help makes it even harder for independent, working women,” says Ruth. “I am grateful that R.E.D. Rose understands and protects the dignity of its clients throughout the process.”

Leslie Strome, a single-mother who worked full time through her initial battle with breast cancer, agrees and appreciates that R.E.D. Rose provided her much needed support without making her feel embarrassed or indebted.

“Working was my saving grace during my first bout of breast cancer. I would have welcomed the distraction and income of my job if I was able to work when my cancer came back a second and third time,” says Leslie. “The cost of medical co-pays and daily living ate up my savings pretty quickly. That’s when I learned that the financial burden of having breast cancer is as hard to shoulder as the illness itself. Cancer is life changing. The good part is learning that there are people and programs like R.E.D. Rose willing to help.” **WC**



# Q

## What is R.E.D. Rose?

**A:** The “red” in R.E.D. Rose stands for Responsible Early Detection of breast cancer. R.E.D. Rose is a St. Rose Dominican Hospitals’ community outreach program aimed at providing uninsured and underinsured women – and men – who are 49 years or younger\* with the following services:

- Free clinical breast exams
- Mammograms
- Ultrasounds
- Surgical consultations
- Biopsies

The program also provides support services such as utility, rent and food assistance to anyone undergoing breast cancer treatment.

If you – or someone you know – have found a lump in your breast or chest area but do not have adequate insurance to have it checked, St. Rose Dominican Hospitals’ R.E.D. Rose Program may be able to help. Bilingual services are available.

*\*Individuals 50 or older are served through other local programs.*

**FOR MORE INFORMATION ON THE  
R.E.D. ROSE PROGRAM, PLEASE  
CALL 616-7525**



## GET YOUR PADDLES UP. THE BATTLE'S ON!

Get involved in St. Rose's third annual Rose Regatta Dragon Boat Race & Festival at Lake Las Vegas, and paddle your way to raising funds in support of R.E.D. Rose and breast cancer services provided by St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Centers of Excellence.

"This is one of the most fun and spirited fundraisers in southern Nevada," says Sandra Morel, Breast Health Navigator for R.E.D. Rose. "Individuals and business-sponsored teams of all levels are welcome."

Following are ways to support the Rose Regatta:

**Paddle** – Form a dragon boat team of 14-20 paddlers, plus a drummer, or sign up for the event as an individual paddler and be assigned to a team. Registration packets, pledge forms and practice schedules are available at [roseregatta.org](http://roseregatta.org) and the WomensCare Centers.

**Make a Pledge** – Pledge a donation to an individual or team participating in the Rose Regatta or support any of the following tributes:\*

**Paint a Paddle** – Purchase a Paddle for \$10 from the WomensCare Centers, paint it or decorate it, then return it to be displayed and sold at the Rose Regatta.

**Light a Lantern** – Purchase a Chinese lantern (\$5 at the event) that will adorn the floating stage as a symbolic gesture to light the paths of hope and healing for women and men affected by breast cancer.

**Float a Flower** – Buy a flower at the event and toss it on the water during a traditional "flowers on the water" tribute honoring those who are living with breast cancer or have lost their battle to the disease.

**Cheer** – Clap, holler and hoot for Rose Regatta paddlers and performers during the day-long fundraising event.

\***Donations** – Donations can be made directly to the Rose Regatta c/o St. Rose Dominican Health Foundation, 3001 St. Rose Parkway, Henderson, NV 89052 or by phone at 616-5751.

**Saturday, October 8, 2011**  
**Lake Las Vegas**  
**[www.roseregatta.org](http://www.roseregatta.org)**  
**or call 616-4900**



To Benefit Breast Cancer Services at St. Rose Dominican Hospitals

## THE AVON FOUNDATION



Rise Ragan

### AVON'S CALLING

Avon is one of the world's largest sellers of beauty-related products and the largest corporate philanthropy foundation dedicated to women's causes globally. Avon has raised more than \$700 million for breast cancer research, education and screenings and recently awarded a \$30,000 grant locally to support the R.E.D. Rose program.

Rise Ragan, a local Avon direct sales representative and a St. Rose volunteer, says "R.E.D. Rose's mission is in keeping with Avon's aim to provide the medically underserved – uninsured, underinsured and low income women – access to high-quality breast cancer screening and treatment."

You can support Avon's breast cancer fundraising efforts by participating in one of the Avon Walk for Breast Cancer series, purchasing Pink Ribbon Breast Cancer Crusade Products or joining the Love/Avon Army of Women – a research effort seeking to engage 1 million women in breast cancer research. For more information, visit [avonfoundation.org](http://avonfoundation.org).

### EARLY BREAST CANCER DETECTION SAVES LIVES

Breast cancer is most treatable when it's found early. Talk to your doctor about your medical history, any changes in your breast health, when you should begin mammography screening and how frequently you should be screened. If your family has a history of breast cancer, you may be advised to start screening earlier than the following recommended screening guidelines:

- Women of average risk should begin annual mammography screening at age 40 and continue annual screening as long as the woman is in good health.
- Women in their 20's and 30's should have a clinical breast exam (CBE) as part of their periodic health exam by a health professional, preferably every three years.
- Breast self exam (BSE) – Experts now recommend BSE as optional but encourage all women to become familiar with their own bodies and watch for changes. BSE is an option for women starting in their 20's.

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# Exercise Your Attitude!

Looking for a way to exercise your attitude? So was Isabel Adina. She tried Zumba classes at several different fitness clubs and recreational centers before taking a class at the WomensCare Center where she recently celebrated completing her 100th class in a row!

Zumba group fitness classes are designed to let the music move you – rather than having an instructor count out repetitions over the music. “The WomensCare Centers’ classes teach Zumba that really encourages a sense of spontaneity and personal creativity,” says Isabel. “It’s exercise with attitude!” According to Isabel, the instructor’s attitude also makes a big difference.

Lucy Garcia is a certified Zumba instructor for the WomensCare Center’s west location and also holds a degree in psychology and women’s studies. “I love watching people experience the sense of exhilaration that comes with having fun,” says Lucy. “I focus on creating an exercise environment that focuses on enjoying music, camaraderie and self expression. Finishing an hour of exercise is easier that way.” **WC**

FOR MORE INFORMATION ON ZUMBA CLASSES, SEE PAGE 11.

## FACING AN EXERCISE BLOCK?

Here are some block-busting tips to reenergize your exercise:

- **Do less, not more.** If you demand so much of yourself that you burn out, step back and try working out at a slower pace or in a different place. Also try cutting your exercise routine back a bit and engaging in more social fitness activities. Round of Frisbee, anyone?
- **Change your tune.** Music can motivate but it’s easy to get tired of – and tired out by – listening to the same music over and over. Working out to new music may renew your exercise enthusiasm.
- **Rethink results.** If you’ve been trying to lose weight by exercising and it isn’t working as well as you’d like, try rethinking the results you want. Set a goal of engaging in peaceful workouts or social workouts. By focusing on a new motivation, you may find your exercise energy is renewed and you achieve new, worthwhile results.
- **Play coach.** When facing an exercise block, it’s easy to trash talk yourself. Build yourself up to improve the psychological experience you have while exercising.
- **Cut yourself a break.** If you fall off your schedule, don’t waste energy agonizing over what you “should” have done – just begin again with one exercise or activity session.

Zumba instructor  
Lucy Garcia (front)  
with Isabel Adina



## iCAN

Trying to lose weight? Gain muscle? Become more flexible or athletic? Whatever your fitness goals are, an important first step to success is taking a big breath, exhaling and saying, “I can.” Then write quick notes about your fitness plan.

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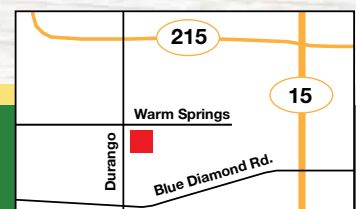
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# Putting Your Best Foot Forward: Surgery Helps Stop the Pain of Diabetic Neuropathies

The phrase “peripheral nerve surgery” isn’t easy to pronounce – and as Lauraleigh Mikula learned, it wasn’t easy to find a local surgeon specializing in this type of surgery either.

Lauraleigh suffered from diabetic neuropathies in her feet that became so painful that a walk she took on a beach in Hawaii felt more like a walk across hot coals.

Until recently, the symptoms of diabetic neuropathy in the hands, legs and feet – pain, numbness and loss of sensation – were thought to be due to the diabetes itself and believed to be progressive and irreversible. Lauraleigh’s doctor attempted to help her manage her symptoms with pain medication and specialized footwear, neither of which were effective.

Lauraleigh began researching her condition and found that, in most cases, neuropathies like hers aren’t a direct result of diabetes but a secondary problem that occurs when nerves become compressed or pinched at points of anatomical narrowing – such as joints – in both the upper and lower extremities. She also learned about nerve decompression, a form of peripheral nerve surgery that could potentially relieve her pain and restore normal sensation in her feet.

“As soon as I learned there was a potential solution to my pain, I began looking for a local surgeon skilled in peripheral nerve surgery,” says Lauraleigh. “After looking and looking, I happened to see a television news story about Dr. Tim Tollestrup, a fellowship-trained peripheral nerve surgeon who had recently relocated to Las Vegas.”

Lauraleigh called Dr. Tollestrup the very next day. After having a thorough physical assessment, Lauraleigh received the good news: she was an excellent candidate for nerve decompression surgery.

Within days of having surgery on her legs, Lauraleigh was pain free and had regained normal sensation in her feet. She can now enjoy experiences like the feel of cool waves washing up against her feet – and because the surgery restored her ability to grip her toes, she can also wear her fashionable flip-flops.

“The first line of treatment in diabetes is always to address the underlying medical issue. Diabetics who are able to bring their blood sugar levels under control through medication and lifestyle changes may be able to prevent or minimize the progression of their neuropathy,” says Dr. Tollestrup. “Once significant neuropathy is present, however, nerve decompression surgery offers the possibility of permanently eliminating the pain and restoring sensation.”



**Dr. Tim Tollestrup,**  
peripheral nerve surgeon

## Why Peripheral Nerve Surgery Works

Peripheral nerve surgery provides pain relief for more than 80 percent of qualified surgical candidates. To appreciate why, Dr. Tollestrup says it helps to have a basic understanding of the nervous system’s two main components: the central nervous system – the brain and spine – and the peripheral nervous system which consists of sensory nerves (those that allow us to feel touch, heat, pain), motor nerves (which stimulate muscle movement) and the autonomic nerves (which control automatic body functions such as breathing, blood pressure, heart rate and digestion).

Peripheral nerves branch out from the spinal column and travel through and beyond various joints such as those in the knees and toes. These nerves transmit information to and from the brain – so if you put your foot in a scalding bath, sensory nerves fire off a message to your brain warning it that the water is too hot. The brain, in turn, shoots a message to your motor nerves warning them to move before your foot gets burned. As a result, the pain from such an incident is typically short lived.

Pain may have a longer life – and even become chronic – as a result of nerve damage caused by disease, injury or a physical issue that entraps or continually compresses a nerve.

The idea of relieving the symptoms of diabetic neuropathy using the well-accepted surgical concept of nerve decompression was developed by Dr. Tollestrup’s mentor, a plastic surgeon at Johns Hopkins University in Baltimore, Maryland. After successfully

*continued on page 29*

# I don't like sugar in my coffee, or contaminants in my water.

David Rexing makes sure southern Nevada's water is ahead of the game when it comes to federal drinking water standards. A nationally recognized leader in the American Water Works Association, David's a sought-after expert in water safety. He's also the SNWA's Research and Development Manager.

As manager of one of the largest municipal water quality research centers in the West, his job is to track down and quash both regulated and unregulated contaminants. And he's been at it for 30 years.

If you have questions about water quality – or if you're looking for a supplemental water treatment system – contact the SNWA. Because no one knows more about water quality than your local water agency.

Go to [snwa.com](http://snwa.com), or call 258-3930.



SOUTHERN NEVADA WATER AUTHORITY



decompressing the nerves in the arms and hands of hundreds of diabetics, he pioneered nerve decompression surgery for the legs and feet of diabetics which now has an established clinical track record of providing pain relief and restoring sensation.

To perform nerve decompression surgery, Dr. Tollestrup makes an incision over the affected nerve to release the tight area entrapping or compressing the nerve. This gives the nerve more wiggle room, allows blood to flow better in the nerve and permits it to glide with movements of nearby joints.

Following surgery, most people find that their original neuropathy pain is gone in a matter of days or weeks. The return of normal sensation in the extremity may be equally quick but can take months depending on how long the symptoms were present prior to surgery and how much damage the nerve has sustained.

### Relief from Other Forms of Pain

Over the past decade, the use of nerve decompression – and another type of surgery called segmental denervation – has rapidly expanded. It is now used to treat non-diabetic neuropathies, as well as nerve irritation that may inadvertently occur from surgeries such as joint replacement or hernia repair and chronic pain resulting from physical trauma, repetitive stress injuries and migraine headaches.

“Most pain following surgery or trauma, such as a broken bone, will be resolved in a reasonable time period once the underlying injury is healed,” says Dr. Tollestrup. “Chronic pain may indicate that there is residual damage to a nerve even after other indications of injury have long since healed.”

The misfortune of such situations is that patients may go from doctor to doctor, undergo additional surgeries and end up dependent on pain medication because the underlying nerve damage is never identified as the true source of their pain. Even in situations where the correct diagnosis of nerve damage is made, treating physicians may be unaware that there are surgical options available to potentially eliminate the pain.

That’s just what happened to David Charles after having a total knee replacement. Months after surgery, he still suffered debilitating pain which required him to walk with a cane. He returned to his orthopedic doctor on a number of occasions for follow-up exams and x-rays – all of which indicated that his arthritis was gone and his artificial joint was in good working condition. David sought the opinion of a second orthopedic surgeon who referred him to Dr. Tollestrup.

“About five percent of people who have knee surgery will continue to experience severe pain long after they’ve recovered,” says Dr. Tollestrup. “In some cases, the nerve pain may have been present before knee surgery, but it is also possible that a nerve can become irritated or damaged as a result of surgery.”

After David underwent a comprehensive nerve evaluation, Dr. Tollestrup pinpointed the nerves causing David’s pain and used a local anesthetic to temporarily block its ability to send pain messages to the brain. Then he asked David to walk around, bend, squat and climb a flight of stairs. David did so without any problem which was an indication that nerve damage – rather than the artificial joint or arthritis – was causing his pain.

Dr. Tollestrup relieved David’s pain by performing a procedure

called a partial anterior knee denervation which required cutting the sensory nerves to the knee joint and implanting the proximal ends in nearby muscles in order to interrupt the pain signals. It’s a procedure Dr. Tollestrup likens to capping off a live electrical wire.

“While I have the full use of my knee, there’s a bit of a tradeoff,” says David. “I experience some numbness around my knee, but it’s 1,000 times better than trying to cope with constant pain.” **WC**



## What are the risk factors of peripheral nerve damage?

**A:** Diabetes is a leading cause of neuropathy. Symptoms such as pain, tingling, numbness or the loss of sensation in an extremity are warning signs that nerves aren’t receiving enough oxygen to function properly. Over time, the pressure on the nerves can lead to some of the individual nerve fibers actually dying. As a diabetic starts to lose normal sensation, they may not feel injuries, and as a result, blisters or cuts and even small wounds can develop into ulcerations leading to deep bone infection, which often requires an amputation to cure.

Peripheral nerve damage may also be caused by trauma, repetitive physical stress, alcohol abuse, vitamin deficiencies, infections such as shingles, hepatitis C and HIV/AIDS, autoimmune diseases, kidney, liver or thyroid disorders or exposure to toxins.



## What are the symptoms of peripheral neuropathy?

**A:** Specific symptoms vary depending on which types of nerves are affected, but may include:

- Gradual onset of numbness and tingling in your feet or hands, which may spread upward into your legs and arms
- Burning, sharp, jabbing or electric-like pain
- Extreme sensitivity to touch
- Lack of coordination
- Muscle weakness or paralysis if motor nerves are affected
- Bowel or bladder problems if autonomic nerves are affected

# Dr. Q's Summer Prescription

## May

**Stick to your fertilizing program.** It is a good time to use fertilizer with high sulfur to help plants absorb nutrients. Feed flowers with Dr. Q's Rose Food, or Fruit Trees with Dr. Q's Fruit & Nut Tree Food. Remember to feed your palms during the summer months with Dr. Q's Palm Tree Food.

### Prevent blossom end rot on fruits and vegetables.

Follow a watering schedule to avoid over or under watering. This can damage roots and nutrient uptake. Calcium deficiency can cause blossom end rot in fruits and vegetables. Dr. Q's Vegetable & Tomato Food has added calcium along with all the other nutrients your plants need. If you didn't stake young plants yet, try new colored tomato cages!

I'm Dr. Q... plant physician, surgeon of soil, mulcher, M.D., you get the idea. Star Nursery's landscape expert. I'm Dr. Q, I even make house calls.



Talk to a Star Nursery representative to set up your House Call or phone 771-STAR (7827)

## June

**Check your drip watering system.** Walk your landscape and make sure all the drip emitters are working. Not sure how much water your landscape needs? Visit [www.starnursery.com](http://www.starnursery.com) and read StarNote 900A, How Much Should You Water Your Trees & Shrubs? Remember drip systems work best with deep and infrequent watering.

### Check on your potted plants.

Watch the soil moisture levels, some may need water twice a day as temperatures rise. Adding a layer of Dr. Q's Paydirt Mulch to the surface can help retain moisture, or repot with Dr. Q's Potting Soil Plus; it's the best for holding moisture!



## July

**Water lawns in the early morning and finish before 11:00 am.** Don't water in the evening! Wet grass in the dark will often become infested with fungus. Use Green Light Fung-Away™ to prevent and control lawn fungus. Fertilize lawns with Dr. Q's Triple Play 7-7-7 fertilizer, with added iron to keep it green.

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# A Mother's Love Put to Music

## What we play is life

- Louis Armstrong, jazz trumpeter and singer

Every mother has a heart song. Katie Turner, a board-certified music therapist for St. Rose Dominican Hospitals – San Martín Campus, tears up when she thinks back and sings the lyrics of the love song she helped a cancer patient compose for her two daughters.

Music therapy is a beautiful, versatile ministry that allows Katie to help calm and soothe the souls of patients who are afraid, lonely, anxious or in pain by strumming their favorite tunes on her guitar. Every so often, as in the case of a mother who had just learned that she had Stage IV cancer, Katie also has the privilege of helping people communicate their deepest feelings through the gift of music.

"When I visited this patient's room, she was shaken by the diagnosis and prognosis she had received, but what she struggled with the most was figuring out how to talk to her daughters and granddaughters about it," says Katie. "So often patients want to – or feel the need to – put on a brave face to protect their loved ones."

Katie asked the woman if she wanted to talk about what was on her mind – and what she'd like her daughters and granddaughters to know. They talked for more than an hour during which Katie took notes. Then they worked together to choose key phrases from the conversation and Katie set them to music in a mother's heart song called *Moving Forward*. The song shares the laughs and loves they had shared as a family and the hopes and prayers she holds for them in her heart. **WG**

Katie Turner



## TAKE A CUE FROM A CHILD'S SING SONG LIFE.

Have you ever noticed how small children spontaneously break into song about love and rainbows or toys while they're happily at play or tattle a tune when they think someone is not playing fair? If you've got emotions to work out, take your cue from a child and sing out your triumphs and troubles. Or write down titles and lyrics of your favorite songs and journal how they relate to your life.

## WHAT ARE THE LYRICS OF YOUR LIFE?

If you're a mother, chances are you have sung your children to sleep with a traditional lullaby. What if you were to write an original Mother's heart song for your child? What might the lyrics be? This Mother's Day, take some time and write a love song for your child or children. It will become a treasured keepsake for your entire family.

## LIE DOWN AND LISTEN!

Take a load off your feet and mind by finding a comfy spot to lie down (other than your bed or couch) and listen to soothing music. A recent study demonstrated that people with anxiety disorders were less anxious following a series of massage treatments, but not more so than other study participants who breathed deeply while lying down and listening to relaxing music — without any accompanying massage. The study did not discount the benefit of massage in helping people; rather, it suggests that people can address their own anxiety (and save some money) by lying down and deep breathing as they listen to soothing music!



# St. Rose Dominican Hospitals

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