

A MAGAZINE FOR YOUR BODY, MIND AND SPIRIT

WomensCare

SUMMER 2011 • ISSUE 50

*Flowers on
the water:*
**A SIGN OF
HOPE FOR
WOMEN
WITH
BREAST
CANCER**

**GET HELP FOR
HARD-TO-HEAL
WOUNDS**

**NEED HELP
MANAGING
HEART
FAILURE?
OUR CHAMP®
NURSES ARE A
CONVENIENT
PHONE CALL
AWAY!**

The **BARBARA
GREENSPUN**

WomensCare

Center of Excellence



St. Rose Dominican Hospitals

A member of CHW



UPCOMING PROMOTIONS

August 5th – 21st FREE LUNCH TOTE!!!!

Purchase \$100 or more of Brighton product and receive a **FREE Lunch Tote** as your gift*.
(*Limit one per customer, while supplies last.)

September 9th – 25th FREE CHARM BANGLE!!

Discover the endless possibilities of designing your own unique jewelry with our exciting charms!! When you purchase \$50 in charms, beads, or spacers you will receive a beautiful hinged magnetic bangle **FREE!!**
(*Limit one per customer, while supplies last – mini charms excluded.)

Power of Pink 2011 RESERVE YOURS TODAY!!!

For the 9th year Brighton will be coming out with jewelry to support Breast Cancer Awareness. In addition, this year we will also have 3 Leather pieces – in pink of course – specially designed to help the fight for a cure!! Call your favorite store for more information and how to reserve your jewelry and limited edition leather today!!!



Shown Clockwise from top left: Fashionista Cosmetic Bag \$65; Scoop Zip Tote \$265; Nora Hobo \$280; Pebble Phone/Card Case \$70; Spirit Heart Key Fob \$27; Summer Wedge \$185; Vixen Tote \$260; Spirit Stretch Belt \$76

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

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

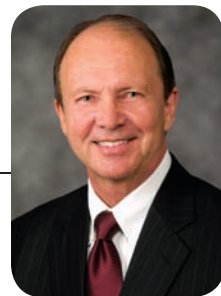
Miracle Mile Shops • The Forum Shops at Caesars • The Grand Canal Shoppes at The Venetian

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

BRIBOR, LLC
A Borsack Enterprise

letter

FROM THE PRESIDENT



Dear Readers,

We are gearing up for our Third Annual Rose Regatta Dragon Boat Race & Festival, and we'd appreciate your support of this exciting fundraiser (as a paddler, sponsor, donor, volunteer or enthusiastic spectator) that benefits the medical and psychosocial services we offer to women and men battling breast cancer.

Speaking of appreciation, please read our highlight of Barbara Tarbet – a breast cancer patient and member of the Pink Paddlers team (see page 22) – who is full of faith and focused on expressing her feelings of gratitude for the individuals and organizations willing to provide breast cancer patients medical, financial and emotional support.

Barbara is grateful for St. Rose's R.E.D. Rose program and the WomensCare Centers, as well as her surgeon and oncologist. She is deeply humbled by individuals such as the breast cancer survivor who held her hand when her head was shaved and the women who brought her food when chemotherapy left her too sick and exhausted to cook. Barbara also raves about the women at the Wig Cottage. Although it wasn't the first wig shop she visited (she left that one in tears), it was the shop that bolstered her belief in the kindness of others.

Barbara's gratitude list is too long to mention, but it is a meaningful reminder of just how powerful kindness, patience and support can be to someone struggling with a potentially life-threatening illness. We – along with Barbara – hope to see you at the races!

Rod A. Davis
President/CEO, St. Rose Dominican Hospitals &
Senior Vice President of Operations, CHW Nevada

WOMENSCARE CENTERS

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WomensCare

St. Rose Dominican Hospitals is dedicated to meeting the unique health care concerns of women and men. The Barbara Greenspun WomensCare Centers of Excellence and WomensCare magazine are our commitment to the women of Southern Nevada.

The BARBARA
GREENSPUN
WomensCare
Center of Excellence



St. Rose Dominican Hospitals
A member of CHW



Dao Vu, host of KTNV Channel 13's Morning Blend, will serve as the emcee for St. Rose's Third Annual Rose Regatta.

coverstory

HOPE FLOATS

A flower floating on the water is a simple, beautiful symbol of hope for someone battling breast cancer. Dao Vu was photographed at the Ravella at Lake Las Vegas to celebrate the significance of the Flowers on the Water Ceremony, which will be celebrated at St. Rose Dominican Hospitals' Third Annual Rose Regatta Dragon Boat Race & Festival, Saturday, October 8, 2011, at Lake Las Vegas.

The ceremony is considered a "must" at dragon boat festivals benefiting breast cancer patients. The tradition began in 1997 when a team of breast cancer survivors in Vancouver tossed pink carnations on the water as a sign of hope for a fellow teammate who had a recurrence of the disease.

Today, Flowers on the Water ceremonies give hope to those who are battling breast cancer, celebrate those who have survived and honor those who have passed away as a result of the disease.

For more information on the Rose Regatta, see page 22, visit www.roseregatta.org or join us via Facebook, Twitter or our blog for some healthy conversations about our upcoming events.



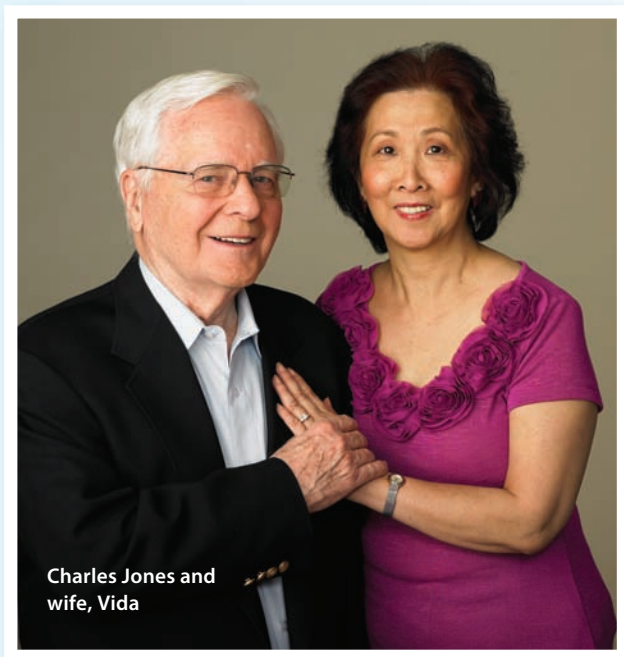
Join St. Rose online! View our online video library, including our Spanish-language commercials, scan this code with your phone to get started!

LET'S STAY IN TOUCH!



Helping Wounds Heal

Chronic wounds affect 6.5 million patients in the U.S. in a growing epidemic fueled by, among other things, an aging population and increasing rates of diabetes, obesity and cancer treatment side effects. WomensCare looks at how hyperbaric oxygen therapy (HBOT) helped two patients heal chronic wounds.



Charles Jones and wife, Vida



Chad Nolan and his mom, Shauna

Charles & Chad

Charles Jones is a retired Brigadier General, United States Air Force, and a patient of St. Rose Dominican Hospitals' Wound Healing & Hyperbaric Medicine Centers. At the height of his military career, Charles commanded fighter, tactical and strategic airlift wings. Within the airlift wings Charles commanded, there were several squadrons, including a tactical hospital, medical staging and air evacuation squadron that received soldiers wounded from the battlefield, stabilized their condition and transported them back to United States hospitals for specialized wound care. "I witnessed incredible medical care in the military," says Charles. "After receiving treatment for my own hard-to-heal wound, I rank the expertise of St. Rose's physicians and nurses right up there with the military's best medical teams."

Charles was referred to St. Rose a year after undergoing spine surgery at another hospital. "The spine surgery went beautifully – my pain was gone almost immediately," says Charles. "Unfortunately, the surgical incision at the base of my spine wouldn't heal."

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Chad Nolan cannot talk or walk, but his ear to ear smile and twinkling eyes speak volumes. "Chad has been in and out of doctor's offices and hospitals hundreds of times in his life, and he really likes it at St. Rose," says his mom, Shauna. "We're not treated like a number here. Everyone knows us and engages us in conversation, and that makes Chad smile."

Chad first visited St. Rose Dominican Hospitals' Wound Healing & Hyperbaric Medicine Centers nearly a year after sustaining second degree burns on his upper legs and buttocks that occurred when his home care attendant placed the hand-held showerhead she used to wash him in his lap.

According to Shauna, Chad received four months of initial wound care treatment guided by his physician and home health nurses. "Chad's wound healed, but not for long," says Shauna. "A few weeks after he was discharged from the doctor's care, a portion of Chad's wound broke open."

Chad's injury was hard to heal because he has very little fatty tissue and poor circulation in his lower body. He also has constant

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Charles' Story

Charles suffered an allergic reaction to the surgical tape used to hold his incision site closed. Other types of bandages and ongoing, intensive wound care management didn't help the wound heal. After a year, Charles was referred to St. Rose, Dominican Hospitals' Wound Healing & Hyperbaric Medicine Centers.

Charles' medical history was thoroughly reviewed by Drs. Dominic Ricciardi and Irwin Simon. They concluded that the prostate cancer radiation therapy Charles received a decade earlier had compromised his ability to heal. Dr. Simon recommended removal of the calcium deposits and damaged tissue, followed by three months of hyperbaric oxygen therapy.

After surgery and the completion of hyperbaric oxygen therapy, Charles' wound has finally healed, and he says, "The doctors and nurses of St. Rose deserve medals of honor for total competence in their area of expertise." **WC**

Chad's Story

pressure on his backside because he is wheelchair bound. After all other options had been tried, Chad was referred to St. Rose.

Shauna was impressed with the results of hyperbaric oxygen therapy and collagen treatments.

"I changed Chad's dressings every evening, so I could see the healing progressing," says Shauna. "Hyperbaric oxygen and collagen really helped the open portion of his wound heal, and the parts of the wound that had previously scarred over began to smooth and fade."

These are not the only improvements Shauna has noticed in Chad's health. "When I went through my medical notes, I could see positive changes in his sleeping patterns," says Shauna. "He is sleeping longer and deeper at night, which makes him more alert and positive throughout the day. That's just another reason for Chad's big smile." **WC**

How Why Hyperbaric Oxygen Therapy Heals

Chronic wounds can be more than difficult to heal – they can be debilitating and dangerous. St. Rose Dominican Hospitals offers a full spectrum of advanced wound healing, including hyperbaric oxygen therapy (HBOT).

WomensCare Magazine spoke with Drs. Dominic Ricciardi and Irwin Simon, co-medical directors of the San Martín Campus location of St. Rose Dominican Hospitals' Wound Healing & Hyperbaric Medicine Centers to discuss how hyperbaric oxygen therapy (HBOT) is used to help facilitate the healing of chronic wounds.

WC: *What is hyperbaric oxygen therapy?*

Dr. Ricciardi: Hyperbaric oxygen therapy (HBOT) is, in a nutshell, the use of 100 percent oxygen delivered at higher than normal atmospheric pressure to enhance the healing process.

WC: *Why does the combination of pure oxygen and higher than normal atmospheric pressure work?*

Dr. Ricciardi: When patients "dive," which is the term we use for HBOT, they are placed in our pressurized chambers. Breathing pure oxygen at two to three times the normal atmospheric pressure increases the amount of oxygen a patient's lungs can take in. The oxygen saturates the blood and circulates through the body at higher than normal levels, which helps wounds heal.

WC: *Why is the word "dive" used to describe HBOT?*

Dr. Ricciardi: Hyperbaric oxygen therapy has been used for more than 40 years to help scuba divers who suffer from "the bends," a painful, potentially dangerous condition in which gas bubbles form inside the body when a diver ascends from a dive too quickly. That's where the term originated and it has stuck.

WC: *Can you tell us a bit about how and why this healing modality works when other forms of wound healing may not?*

Dr. Simon: Under normal circumstances, our red blood cells transport the majority of oxygen through our body. When a relatively healthy individual sustains a cut or other wound, oxygen-

rich blood rushes to the site of the injury and releases substances called growth factors that promote the healing process.

The patients we treat using HBOT tend to suffer from poor blood circulation due to injury or illness. Because there is a lack of sufficient oxygen circulating to their wound – a condition referred to as tissue hypoxia – the normal healing process is slowed or stopped. When patients "dive," they are placed in a hyperbaric oxygen chamber where they breathe pure oxygen. The process of breathing pure oxygen under pressure pushes more oxygen into red blood cells – and into plasma, which makes up 50 percent of what we call "blood." Saturating plasma with oxygen is important because its particles are significantly smaller than red blood cells, so they can seep past the inflammation or blockages associated with poor circulation to deliver oxygen to a wound site.

WC: *What is one of the most frequent hard-to-heal injuries that HBOT is used to treat?*

Dr. Ricciardi: Diabetic foot ulcers are one of the leading causes of hospitalization among diabetics. By treating diabetic wounds with HBOT, we reduce the likelihood that our patients will suffer infection and other serious complications that can lead to hospitalization and, far too often, foot or leg amputation.

WC: *What factors make diabetics more prone to chronic wounds?*

Dr. Ricciardi: Diabetes puts people at a distinct disadvantage when it comes to wound healing. Diabetes leads to poor blood circulation in lower limbs, so sores and cuts typically take longer to heal. People with diabetes also tend to develop a lack of sensation in their legs and feet caused by sensory nerve damage. So, if a person with diabetes gets a cut, sore or pressure ulcer such as a blister on their leg or foot, it may go unnoticed until the wound becomes ulcerated or seriously infected.

WC: *What other types of hard-to-heal wounds respond well to HBOT?*

Dr. Ricciardi: Aside from diabetic wound treatment, HBOT can also

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**EYE EXAM
+ COOL NEW FRAMES
+ NEW LENSES**

1 HAPPY KID!

**NEVADA EYE & EAR
BACK TO SCHOOL BASH!**

OPTICAL TRUNK SHOW FEATURING A SPECIAL YOUTH & TEEN COLLECTION

Saturday, August 20th | 8:00a - 1:00p

EYE EXAMS - OPTICAL DISCOUNTS - FREE HEARING SCREENINGS - ACNE CONSULTATIONS

Bausch & Lomb will be giving away a free 6 month supply of contact lenses to any patients who are being fitted with contact lenses on the day of the event.

GAMES, MUNCHIES AND BEVERAGES

**NEVADA EYE & EAR & THE SKIN CLINIC
9100 W. POST ROAD (I-215 AT SUNSET) - PHONE: 896-6043**

continued from page 5

be effectively used to treat chronic wounds such as burns, radiation injuries, certain bone and skin infections and compromised or failing skin or muscle grafts.

WC: What is the average length of wound treatment using HBOT?

Dr. Simon: Individual treatment sessions are usually about two hours long. The total number of sessions required to heal a patient's wound depends on several factors including the patient's wound, diagnosis and medical history.

WC: If treatment can take months, how does a patient know if it is the HBOT that is promoting the healing?

Dr. Simon: Patients referred for HBOT typically have hard-to-heal wounds that haven't responded to other forms of wound care treatment used over the course of months or even years. So when they go through HBOT, our hyperbaric physicians and nurses closely monitor their wounds and symptoms. We will notice – and the patient will begin to notice – that the wound will start to slowly fill in and then cover with skin. Other symptoms such as pain or bleeding also begin to improve and resolve as therapy progresses.

WC: What about patients who have a fear of confined spaces?

Dr. Simon: Interestingly, we find that most hyperbaric patients don't experience a sense of claustrophobia in our single-patient chambers. The chambers are designed to be roomy and are constructed out of clear plastic which allows the patient to see out in all directions. A two-way communication system allows patients to talk with their physician, nurse or hyperbaric technician during treatment, and each chamber is equipped with a television and DVD player to keep the patient occupied. Most patients, however, take the two hours to relax, close their eyes and catch up on much needed rest.

WC: Is there any discomfort or pain associated with the HBOT treatment?

Dr. Simon: The only sensation relating to HBOT is during the initial dive phase of treatment. The slowly increasing pressure will push on the eardrum in the same way it would if you were diving to the bottom of a pool or descending from high altitude in an airplane. We instruct patients on different methods of effectively relieving ear pressure.

WC: Is HBOT safe?

Dr. Ricciardi: HBOT is very safe. We follow the highest standards of safety precautions, including careful patient screening. As with other forms of medicine, certain individuals may not be suitable candidates for HBOT.

WC: Does medical insurance cover HBOT?

Dr. Ricciardi: Helping a patient's wounds heal reduces the likelihood a patient will require more invasive and possibly more costly care. For that reason, most insurance plans along with Medicare and Medicaid cover HBOT for the treatment of chronic wounds and other approved diagnoses.

WC: How do patients obtain a referral to St. Rose Dominican Hospitals' Wound Healing & Hyperbaric Medicine Centers?

Dr. Ricciardi: Patients can call us directly or obtain a physician referral. We communicate and confer with their referring physician throughout the course of treatment.

10 to 15 percent

The additional amount of oxygen a patient's body is able to absorb during one HBOT treatment.



DEFINING HARD-TO-HEAL WOUNDS

Most wounds heal with proper treatment, according to Camille LaMonte, director of St. Rose Dominican Hospitals' Wound Healing & Hyperbaric Medicine Center, San Martín Campus. Warning signs of potentially chronic, slow-healing wounds, include any wound that fails to heal in more than 30 days and any wound that has not responded to multiple treatments or therapies.

The Benefits of HBOT

Hyperbaric Oxygen Therapy aids the healing process by delivering oxygen to oxygen-starved tissue in order to:

- Reduce swelling and inflammation
- Increase the growth of new blood vessels
- Improve the infection-fighting ability of white blood cells

PROTECT YOUR SKIN. IT'S YOUR BODY'S FIRST LINE OF DEFENSE



When it comes to saving someone's hide, "start by taking care of the skin you're in," says dermatologist, Miriam Bettencourt, M.D. "Your skin is your body's first line of defense when it comes to protecting you from the environment."

Three simple steps you can take to protect your skin include:

- Wearing sunscreen with a minimum 15 SPF every day of the year whether or not it is sunny outside.
- Wearing shoes whenever you go outside.
- Using gentle cleansers and gentle motions to clean your skin.

According to Dr. Bettencourt, the American Academy of Dermatology recommends that adults have a routine skin check once a year.

St. Rose Dominican Hospitals' Wound Healing & Hyperbaric Medicine Centers

San Martín Campus

8285 West Arby Avenue, Suite 145
Las Vegas, Nevada
492-8281

Rose de Lima Campus

106 East Lake Mead Parkway, Suite 107
Henderson, Nevada
616-4870

*Your Needs
Your Style
Your Smile*



*Simone
Beautiful Smiles By Design*

Voted "One of the Top Four Dentists in Las Vegas"
— "Best Dentists," Las Vegas Life Magazine

- Master in the Academy of General Dentistry
- Member of the American Dental Association
- Nevada Dental Association & Southern Nevada Dental Association
- Participant in the Seattle Institute for Advanced Dental Education
- Member of the American Academy of Cosmetic Dentistry
- Member of the American Academy of Dental Practice Administration
- Fellow of the International Congress of Oral Implantology



Actual Client Before



After

• Conscience sedation available •

Patrick A. Simone D.D.S, MAGD
702-735-2755
PatrickSimoneDDS.com



**NATURALLY WHITER,
BRIGHTER TEETH**

Looking for some simple home remedies to brighten your summer smile? Look no farther than your refrigerator, says Dr. Patrick Simone, DDS.

"Grab an apple, carrot or celery and get busy munching and crunching," he says. "Crispy fruits are like nature's toothbrush because they are naturally abrasive, which helps lift debris and stains from the teeth – and cleaner teeth appear whiter."

Another refrigerator home remedy Dr. Simone suggests is strawberries. Cut up a strawberry and swipe it across your teeth or mash it up with (or without) baking soda and use it like toothpaste. Strawberries have a large amount of malic acid, which increases saliva, the first line of defense against bacteria that can lead to tooth decay.

Malic acid also works like an astringent to remove some of the discoloration on teeth.

Dr. Simone suggests using strawberries for tooth whitening just once or twice a month as too much malic acid can eat away tooth enamel. However, he also suggests using strawberries as a natural skin brightener.

"In the same way that strawberries clean and lighten teeth, they can also lighten and brighten the skin," says Dr. Simone.

To try, simply cut a fresh strawberry in half, scrape the flesh a bit and swipe the strawberry across your face. Massage the juice into your skin and then rinse your face with water after one or two minutes (depending on the sensitivity of your skin).

Healthy News by the Numbers

6 days

Putting fresh to the test. According to Whole Foods, one of summer's best summer fruits – cantaloupe – retains almost all its nutrients for six days after it's been cut up – if it is stored in an air-tight container in the refrigerator. Cantaloupe is a good source of potassium, vitamin B6, dietary fiber, folate and niacin (vitamin B3). The combination of B complex vitamins and fiber found in cantaloupe support energy production, carbohydrate metabolism and blood sugar stability.



40,000 gallons

Soak up this healthy cost-saving information. A family of four can save approximately 40,000 gallons of water per year by installing high-efficiency showerheads and limiting showers to five minutes or less. That's no drop in the bucket! Look for showerheads with a flow rating of 2.0 to 2.5 gallons per minute.

\$500 million

What did you say? According to the Centers for Disease Control, Americans spend about \$500 million a year seeking medical treatment for swimmer's ear. Avoid itchy, flaky, swollen or painful swimmer's ear by drying your ears after showering or swimming. Don't put cotton swabs or other foreign objects in the ear canal to absorb moisture and ask your doctor if you should use alcohol-based ear drops after swimming.

20 minutes

If the heat is tiring you out, take a summer siesta of 20 to 30

minutes. Naps of 20 to 30 minutes can be refreshing, but naps of longer than 30 minutes may zap your energy and leave you feeling even more tired. Longer naps can cause your body to shift from power napping to full-fledged sleeping. If you wake up during the middle of a sleep cycle, you can experience sleep inertia which can leave you feeling groggy and more fatigued than if you hadn't napped at all. Napping too long during the day can also disturb your normal nighttime sleep.



100 percent

The amount of proceeds St. Rose's R.E.D. Rose program will receive from Salon Dushon's Style-a-Thon*.

- haircut and blow dry, \$35
- shampoo and blow dry, \$35
- petite facial (40 minutes), \$50
- petite manicure (30 minutes), \$15

Sunday, October 16; 9:30 a.m. to 5 p.m.

Salon Dushons - 541-8800

855 Seven Hills Drive, Suite 160, Henderson

* Walk-ins welcome. Fees and tips donated to R.E.D. Rose.

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

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safety & injury prevention

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programas en español

breastfeeding

pregnancy & childbirth

infants, children & parenting

ongoing family education

location abbreviations

COND - Siena Campus - Conference Room D, Henderson

FTF - Family to Family Connection, Henderson

HEND - WomensCare Center, Henderson

HEND WIC - WIC, 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 appointment.

HEND:WEST:RDL:SAN

Healing with Rhythm Drum Circle

Bring a healthy food item to share.

1st Friday – Aug. 5 & Oct. 7 (XLD-Sept. 2); 6:30-8 p.m.

HEND

Relaxation Meditations

Practice techniques that promote peace and good health.

2nd Tuesday – Aug. 9, Sept. 13, Oct. 11; 5:30-6:30 p.m.

HEND

1st Tuesday – Aug. 2, Sept. 6, Oct. 4; 6-7 p.m.

WEST

Balancing Energy Fields

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

2nd Tuesday – Aug. 9, Sept. 13, Oct. 11; 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 – Aug. 9 or Sept. 13; 9-10 a.m.

HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday – Aug. 18, Sept. 15, Oct. 20; 2:30-3:30 p.m.

HEND

Chair Massages

Enjoy a free chair massage from the students of Nevada School of Massage Therapy. Call for appointment.

Fridays – Aug. 19, Sept. 9, Oct. 7; 11 a.m.-12:45 p.m.

HEND

Fridays – Sept. 23 & Oct. 28; 11 a.m.-12:45 p.m.

WEST

Spa Day!

Ladies – pamper yourself with chair massage, reflexology, skin care, paraffin hands, essential oils, hand massages and a nail station.

Friday, Aug. 26; 4-7 p.m.

WEST: \$20

Essential Oils 101

Follow your nose to a night of relaxation, education and fun. Sniff your way to better health and explore ways to incorporate essential oils into your everyday use and home.

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

HEND

Tuesday, Sept. 27; 6-7 p.m.

WEST

Labyrinth* Fall Equinox Walk

Enjoy the Equinox's equal parts of daylight and darkness by bringing balance to your life through a guided Labyrinth walk and drumming.

Thursday, Sept. 22; 6-7:30 p.m.

SAN: Labyrinth, next to ER

*Visit the outdoor labyrinth for reflecting, centering, prayer or milestone celebrations. Open 24 hours, 7 days a week.

Intention Collage

Allow your creativity to flow as you create a visual storyboard of your dreams, hopes and future desires.

Tuesday, Sept. 27; 6-8 p.m.

HEND: \$5 (incl. supplies)

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

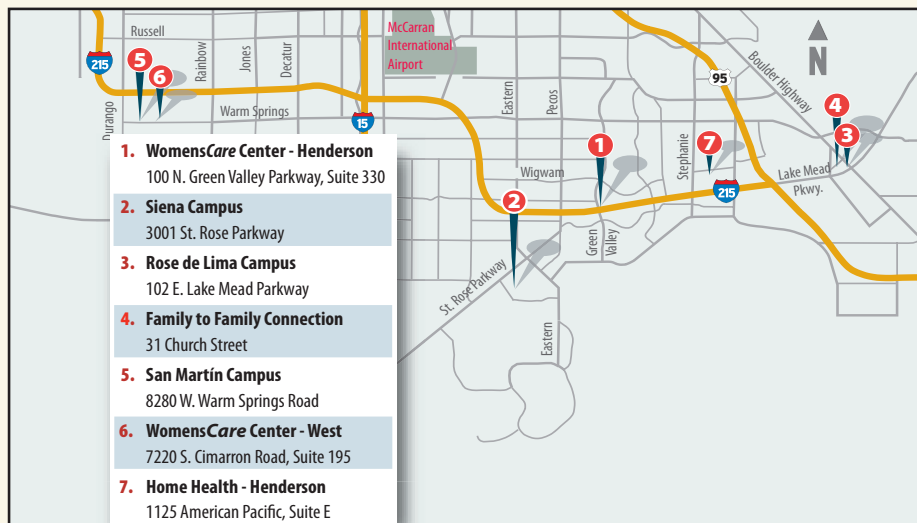
WEST: \$5 (incl. supplies)

Girl Talk

Mothers and daughters (10-14 yrs.) join Carol Allen, R.N., to discuss female puberty.

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

HEND



SummerCalendar

of classes and upcoming events

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 – Aug. 11 & 25, Sept. 8 & 22, Oct. 13 & 27; 10:30 a.m.-noon.

HEND

2nd & 4th Thursdays – Aug. 11 & 25, Sept. 8 & 22, Oct. 13 & 27; 1-3 p.m.

WEST

Medicare Open Enrollment

Sign up or review your current Medicare Drug Plan.

Tuesday, Oct. 18; 9-noon

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.**

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



PET BLESSING

Bring your beloved pet and join us for our 6th Annual Pet Blessing held in honor of Saint Martin de Porres. Martin was known for providing care and compassion toward all living things, especially animals.

Saturday, Oct. 29

1-3 p.m. Animal-friendly organizations will offer information and demonstrations and provide prize drawings

2:30 p.m. Group Pet Blessing

SAN: HEALING GARDEN

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.

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

Wednesdays – 9-10 a.m. with Jeannine

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

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

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

NEW! Beginner's Yoga

Appropriate for all levels. Learn important alignment and foundation concepts to deepen your practice.

Mondays – 5:30-6:30 p.m. with Dorothy

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

Vinyasa Flow Yoga

Now that you know the basics, follow your breath and move through yoga postures to build strength, balance and flexibility.

NEW! Saturdays – 11 a.m.-noon with Dorothy

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

Tuesdays – 6-7 p.m. with Jen

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

Chair Exercise

Tuesdays – 10-11 a.m.

WEST: FREE

Belly Dancing

3rd Saturday – Aug. 20, Sept. 17, Oct. 15; 10-11 a.m. with Linda

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

2nd Saturday – Aug. 13, Sept. 10, Oct. 8; 10:30-noon with Goldie

WEST: FREE

American Heart Association Heart Walk

Join our Team!

Saturday, Oct. 15

www.lasvegasheartwalk.org click "Find a Team" and "St. Rose"

MOUNTAINS EDGE



ROSE REGATTA

Sponsorships, teams, trainings

www.roseregatta.org

ARTISTS NEEDED ... For A Purpose!

Paint a mini paddle for our Paddle Gallery to help us raise funds.

Wednesday, Aug. 31; 6-8 p.m.

HEND: \$10 donation (incl. paddle and supplies)

Wednesday, Sept. 7; 6-8 p.m.

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

WEST: \$10 donation (incl. paddle and supplies)

Beginner Workshop

Learn the basics of paddling. Advance registration and payment are required on www.roseregatta.org or by calling 616-4900.

Saturday, Aug. 6; 9-10:30 a.m.

LAKE LAS VEGAS MARINA: \$10

Pink Paddlers Breast Cancer Survivor Team Practices

Advance registration is required. Call 497-3385.

1st & 3rd Mondays – Aug. 1 & 15, Sept. 19, Oct. 3; 6:30-7:30 p.m. (No practice Sept. 5)

LAKE LAS VEGAS MARINA: 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.

Healthy Eating Club

Free weekly group to help you reach your weight management goals through good nutrition. Facilitated by a St. Rose Registered Dietitian. Call to register.

Fridays – 9 a.m.

HEND

august • september • october

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

RESPIRATORY RALLY

Celebrate World COPD Day by attending a special event for those with chronic lung disease, their families and caregivers. St. Rose and the American Lung Association have partnered to bring together physician lectures, spirometry screenings, medication reviews, blood pressure checks, CO screenings, smoking cessation information, no cost flu and pneumonia vaccines, lung health vendors, a healthy breakfast and more. Please RSVP to 616-4900.

Wednesday, Nov. 16; 8 a.m.-1 p.m.
SAN



Weight Watchers at Rose de Lima

45 minutes a week can change your life! Call Lara at 616-7582 for more information.

Wednesdays – 6:30 p.m.

RAN: \$188 for 16 sessions

DASH Away From Hypertension

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

Tuesday, Aug. 30; 9-11 a.m.

HEND

Fire Up Your Metabolism

How can you boost your metabolism to burn more calories? Join Dr. Dominic Riccardi to find out.

Wednesday, Sept. 21; 6-7:30 p.m.

WEST

Cardiac Nutrition

Learn how to eat for your heart's health from Sharon Nasser, R.D.

Wednesday, Sept. 21; 10-11:30 a.m.

HEND

Tuesday, Oct. 25; 10-11:30 a.m.

WEST

Cooking Demo: Diabetic Meals in Less Than 30 Minutes!

A talented St. Rose chef will demonstrate how to prepare quick and easy meals for those with diabetes.

Thursday, Sept. 29; 6-7:30 p.m.

MAC

Emotional Eating

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

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

WEST

screenings

Call 616-4900 for screening appointments.

Blood Pressure Screening

Tuesday, Sept. 20; 7-10 a.m.

HEND: FREE

Tuesday, Oct. 18; 7-10 a.m.

WEST: FREE

Peripheral Artery Disease Screening

Do you have any signs or symptoms of PAD? The St. Rose radiology department can screen you.

Thursday, Sept. 15; 8 a.m.-noon

HEND, Rehab Suite 140: FREE

Becoming Medicine Wise

Do you have questions about your current prescriptions 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.

Thursday, Oct. 20; 9 a.m.-noon

HEND

Thursday, Oct. 6; 9 a.m.-noon

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 12-hour fast is required.

Tuesday, Sept. 20; 7-10 a.m.

HEND: Listed above

Tuesday, Oct. 18; 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 the breath.

Wednesday, Oct. 26; 1-3 p.m.

HEND: FREE

Wednesday, Sept. 28; 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.

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

HEND: FREE

Wednesday, Oct. 19; 10 a.m.-noon

WEST: FREE

Skin Cancer Screenings

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

Thursday, Sept. 29; 2-4 p.m.

HEND: FREE

R.E.D. Rose

Uninsured or underinsured? Under age 50? 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

Acupressure: Please Press Here

Explore the body's energy pathways, learn locations of acupressure points for everyday ailments and Meridian exercises for self healing.

Wednesday, Sept. 14; 6-8 p.m.

WEST

Reiki Healing Circle

Experience Reiki energy through a monthly healing circle.

1st Thursdays – Aug. 4, Sept. 1, Oct. 6; 1:30-2:45 p.m. with Freddie

HEND

1st Tuesdays – Aug. 2, Sept. 6, Oct. 4; 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 – Aug. 9, Sept. 13, Oct. 11; 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 – Aug. 29, Sept. 12, Oct. 17; 9:30 a.m.-12:30 p.m.

Fridays – Aug. 19, Sept. 9, Oct. 7; 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.

Wednesday, Sept. 28; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Oct. 26; 6-8 p.m.

WEST: \$25 (includes CD)

PROSTATE CANCER AWARENESS WEEK

One in six men will get prostate cancer in their lifetime. If caught early, survival rates are nearly 100 percent. A simple blood test to check your prostate specific antigen (PSA) level is the first step to screening. Schedule a free PSA screening. Call 616-4900 to register.

Tuesday, Sept. 20: 7-10 a.m.

HEND

SummerCalendar

of classes and upcoming events

smoking cessation

Freedom From Smoking

Kick the habit with the support of others in the seven-week American Lung Association smoking cessation programs.

Wednesdays – Sept. 7, 14, 21, 28, Oct. 5, 12, 19 & Friday, Sept. 30; 5:30-7 p.m.

SAN: Free

Relax and Stop Smoking With Hypnosis

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

Tuesday, Aug. 30; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Nov. 2; 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

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.

Centennial Hills Senior Center – Fridays, Aug. 12-Sept. 16; 9:30 a.m.-noon

Doolittle Senior Center – Wednesdays, Sept. 7-Oct. 12; 10 a.m.-12:30 p.m.

Lieburn Senior Center – Tuesdays, Sept. 13-Oct. 18; 2:30-5 p.m.

Gibson Library – Tuesdays, Sept. 20-Oct. 25; 10 a.m.-12:30 p.m.

West Charleston Library – Wednesdays, Sept. 28-Nov. 2; 10 a.m.-12:30 p.m.

Heritage Senior Center – Wednesdays, Oct. 12-Nov. 16; 9-11:30 a.m.
Call 616-4900 for reservations and more locations: FREE

NEW: Aphasia Lunch Bunch

Struggling with communication due to a stroke or brain injury? Meet others and practice communication skills over lunch with Bambi Patterson, SLP, and Carol Dow-Richards. Caregivers welcome.

1st Wednesday, 11:30 a.m.-1 p.m.

MAC

Stroke Club @ St. Rose

Explore helpful strategies for stroke survivors in a supportive setting with Carol, Lori and guest speakers. Caregivers welcome; light refreshments served.

4th Thursday – 6-7 p.m.

Aug. 25 – Resources from the American Stroke Association with John McNeil

Sept. 22 – Financial Health After Stroke with Michelle Gorney, LCSW

Oct. 27 – Understanding Aphasia with Bambi Patterson, SLP

MAC

NEW: Headache Support Group

Suffer with chronic headaches? Find relief by discussing causes and treatments and eliminate isolation with positive social support.

3rd Tuesday – Aug. 16, Sept. 20, Oct. 18; 6-7 p.m.

SAN

Better Breathers Club

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

2nd Tuesday – Aug. 9, Sept. 13, Oct. 11; 2-3 p.m.

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

3rd Wednesday – Aug. 17, Sept. 21, Oct. 19; 10-11 a.m.

VITAL CARE (813 Arizona St., Boulder City)

Life's Simple 7

Find out how healthy you are with My Life Check™, American Heart Association's free online health assessment tool. Log on to www.MyLifeCheck.org to get your overall health score.

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 – Aug. 9 & 10, Sept. 13 & 14 or Oct. 11 & 12; 9 a.m.-1 p.m.

Tuesday & Wednesday – Aug. 23 & 24, Sept. 27 & 28 or Oct. 25 & 26; 5-9 p.m.

HH

Lower Cholesterol with TLC (therapeutic lifestyle changes)

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

Wednesday, Aug. 24; 5:30-8:30 p.m.

HEND

Cancer Quality of Life Center

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

WEST: FREE

Breast Cancer Prosthesis & Bra Fittings

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

safety & injury prevention

Heartsaver CPR/AED

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

Tuesday, Aug. 23; 5-9 p.m.

Saturday, Sept. 10; 10 a.m.-2 p.m.

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

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

Thursday, Oct. 13; 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, Aug. 13; 10 a.m.-2 p.m.

Thursday, Oct. 20; 5-9 p.m.

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

Friday, Sept. 16; 5-9 p.m.

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



Flu & Pneumonia Vaccines

Protect yourself and loved ones against seasonal flu and pneumonia. Get flu shots for age 6 months and older and pneumonia shots for children under 5, adults 19 to 64 who smoke cigarettes or have asthma, seniors 65 and older or anyone with underlying medical conditions such as asthma or diabetes. No Cost (offered on a first-come, first-served basis by SNIHC).

Saturday, Sept. 17; 10 a.m.-2 p.m. • MAC

Tuesday, Sept. 20; 7-10 a.m. • HEND

Tuesday, Oct. 18; 7-10 a.m. • WEST

Wednesday, Nov. 16; 9 a.m.-1 p.m. • SAN

Back to School Immunization Clinics

Join the Southern Nevada Immunization and Health Coalition for no cost immunizations offered for school-aged children on a first-come, first-served basis. Please bring child's shot records. Visit www.SNICNV.org for more information.

Saturday, Aug. 20, 10 a.m.-2 p.m. - Teamsters Local 631, 700 N. Lamb Boulevard, Las Vegas

Monday, Aug. 22, 3-6 p.m. - Del Sol High School, 3100 E. Patrick Lane, Las Vegas

Tuesday, Aug. 23, 9 a.m.-2 p.m. - Cashman Middle School, 4622 W. Desert Inn Road, Las Vegas

Wednesday, Aug. 24, 4-7 p.m. - Helping Kids Clinic, 968 E. Sahara, Las Vegas

Thursday, Aug. 25, 8-11 a.m. - Nevada Health Centers, Cambridge Family Health Center, 3900 Cambridge Street, #102

Friday, Aug. 26, 1-3:30 p.m. - Community Outreach Medical Center, 1120 Almond Tree Lane, #306, Las Vegas

Saturday, Aug. 27, 10 a.m.-2 p.m. - Anthem Hills Pediatrics, Dr. Kim M. Lamotte-Malone, 5320 S. Rainbow Blvd., Suite 172, Bldg. 2, Las Vegas

Saturday, Aug. 27, 10 a.m.-2 p.m. - Walmart Supercenter, 4505 W. Charleston Blvd., Bldg. 2, Las Vegas

august • september • october

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 Martin 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**

Aphasia Lunch Bunch – 1st Wednesday, 11:30 a.m. **MAC**

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 Thursday, 6:30 p.m. **HEND**

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

Headache Support Group – 3rd Tuesday, 6 p.m. **SAN**

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**

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

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

Suicide Prevention Lifeline – 1-800-273-TALK

Surviving Suicide – bereavement support group for adults 1st & 3rd Tuesdays, 6:30 p.m. **HEND**

Transitions – 1st & 3rd Tuesday, 11 a.m. **HEND**

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

SHAREGIVERS TRAINING

Stroke survivors and caregivers are invited to become volunteer peer visitors. Receive training on how to visit new stroke patients and lend support during their hospital stay at St. Rose. Register at 616-4913.

Thursday, Sept. 29; 11 a.m.-4 p.m.
MAC

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

Mondays – Aug. 8, Sept. 12 or Oct. 3; 9:30 a.m.-1:30 p.m.

Fridays – Aug. 26, Sept. 23 or Oct. 21; 1-5 p.m.

HEND: \$12 for AARP members, \$14 for non members (check or cash)

Safe Sitter

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

Monday, Aug. 22; 9 a.m.-4:30 p.m.

HEND: \$20 (includes lunch)

Sexual Assault Prevention

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

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

RAN

programas en español

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

Tomando Control De Su Salud

Deuélvale vida a su vida. ¿Es usted un adulto mayor de 55 años con una afección médica continua? Participando en este taller usted puede obtener el apoyo que necesita y aprender formas prácticas de manejar el dolor y la fatiga. Para obtener más información llame al 702-564-0896.

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

breastfeeding

Breastfeeding Helpline 616-4908

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

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

Mocha Moms, Inc.

Non-profit support group for mothers of color and open to any new mother looking for sisterhood.

3rd Monday – Aug. 15, Sept. 19, Oct. 17; 10 a.m.-12 p.m.

HEND

1st Tuesday – Aug. 2, Sept. 6, Oct. 4; 11 a.m.-1 p.m.

WEST

New Mommy Mixer

Fridays – 11 a.m.-noon

Saturdays – 2-3 p.m.

HEND

Wednesdays – 11 a.m.-noon

WEST

La Leche League

4th Thursday – Aug. 25, Sept. 22, Oct. 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 classes, call 616-4910.

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

ASTHMA KIDS CLUB: 'KUNG FU THE FLU'

Does your child have asthma? Join the Asthma Kids Club for quarterly events:

- Asthma screening
- Physician mini-lectures with Dr. Sean McKnight
- No cost flu vaccines for the whole family (6 months or older)
- Smoking cessation information
- Allergy and asthma health vendors
- Fun activities and a kid friendly lunch
- Bring your child's medications, inhalers and/or nebulizers and learn about proper use and possible side effects.

Saturday, Sept. 17; 10 a.m.-2 p.m. RSVP: 616-4900
MAC

Family Education

Natural Family Planning

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

Tuesday, Oct. 18; 6-8 p.m.

WEST

infants, children & parenting

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs

St. Rose WIC Nutrition Program

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

HEND WIC; WEST

WIC Immunization Clinic

No cost shots for WIC infants and children. Sponsored by SNIHC. Please bring your child's shot records.

2nd Wednesday – Aug. 10, Sept. 14, Oct. 12; 8:30 a.m.-12:30 p.m.

HEND WIC; Call 616-4905 to register.

Dancing with Miss Jenny®

Get "dancy" with fun and fancy props that help children move, groove and develop gross motor, fine motor and cognitive skills. Parents participate with children. Call 616-4900 to register.

Mondays – 11-11:30 a.m. (18 months-3 yrs.)

WEST: FREE

Music and Movement with Your Kids

2nd & 4th Mondays – Aug. 8 & 22, Sept. 12 & 26, Oct. 10 & 24;

4:30-5 p.m. (ages 2-5 yrs.)

WEST: FREE

Zumbatomic!

Kids, ages 8-12 yrs., join us for an introduction to Latin dance.

Tuesday, Sept. 13; 5-5:45 p.m.

HEND: FREE

Thursday, Sept. 15; 5-5:45 p.m.

WEST: FREE

Car Seat Safety Checks

Call 616-4901 or 568-9601 for appointment.

Fridays – Aug. 12, 26, Sept. 9, 23 or Oct. 7, 21; 3-5 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 – 11:30 a.m.-12:15 p.m. or 12:30-1:15 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.

Wednesdays – 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 1.

Mondays – 2-3 p.m.

HEND

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.

Thursdays – Call 568-9601 for dates.

FTF

Wee Can Sign: Baby Sign Language Level I

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

Saturdays – Aug. 20, 27, Sept. 3 & 10; 12:30-1:30 p.m.

Thursdays – Sept. 1, 8, 15 & 22; 11:30 a.m.-12:30 p.m.

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

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

Fridays – Sept. 2, 9, 16 & 23; 9:30-10:30 a.m.

Fridays – Oct. 7, 14, 21 & 28; 9:30-10:30 a.m.

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

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

Sign and Sign: Baby Sign Language Level II

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

Saturdays – Aug. 20, 27, Sept. 3 & 10; 2-3 p.m.

Saturdays – Oct. 1, 8, 15 & 22; 2-3 p.m.

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

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

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

Sibling Rivalry

Get tips on handling challenging siblings scenarios. Ages birth-48 months.

Thursday, Aug. 25; 10-11 a.m.

FTF

Happiest Baby on the Block

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

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

FTF

Explore & Learn with NEIS

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

Mondays – 10 a.m.

FTF

Teenie Halloweenie

Join us for family fun in a pint-sized costume party for babies, toddlers and preschoolers. Pumpkin patch photos (\$5), storytime with Henderson Libraries, games and prizes! Ages birth-5 years.

Thursday, Oct. 27; 10 a.m.-1 p.m.

FTF



Ongoing Family Education Classes

Register at strosehospitals.org or call 616-4910.

Prepared Childbirth Classes - \$50-HEND & WEST

Childbirth Express - \$35

Bed Rest Learning DVD Module - \$50

Teen Prepared Childbirth Class - FREE

Baby Basics - \$30-HEND & WEST

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 616-4900 to register for tours.

Love & Logic – Early Childhood Parenting Made Fun!

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

Wednesdays – Sept. 7, 14, 21, 28 & Oct. 5; 10 a.m.-noon

FTF

Nevada Check-up Enrollment Assistance

Get help working through the application process for children without insurance.

3rd Tuesdays – Aug. 16, Sept. 20 & Oct. 18; 9-11 a.m.

FTF

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

What do Regina Benjamin, Michelle Obama and Shamika Abbott have in common? They are all expressing their support for women who want to breastfeed their babies and they hope you will, too.

The Surgeon General Issues A “Call to Action”

Dr. Regina Benjamin serves as “America’s Doctor” by providing Americans the best scientific information available on ways to improve health and reduce the risk of illness and injury. In January, she issued the Surgeon General’s Call to Action on Breastfeeding which highlights the fact that breast milk is the best, most complete and most economical form of nutrition for an infant’s first year of life. It also accentuates the fact that breast milk is good medicine that can help safeguard a child’s health well beyond infancy.

Approximately 75 percent of mothers in the United States choose to breastfeed their newborns, yet only 13 percent of babies are exclusively breastfed at the end of six months, far less than most developed nations. Dr. Benjamin’s report acknowledges that the decision to breastfeed is a personal one and no mother should be made to feel guilty if she cannot or chooses not to breastfeed, but it also addresses obstacles that can negatively influence a mother’s interest in or ability to breastfeed her baby. She encourages health care providers, family members, friends, employers and community leaders to help break down such barriers. (See the Benefits of Breastfeeding, page 19)

The First Lady Goes Public about the Benefits of Breastfeeding

Among the most notable public figures speaking up in support of mothers who want to breastfeed is First Lady Michelle Obama. During public appearances to promote Let’s Move! – her initiative aimed at reducing childhood obesity in America – the First Lady underscores the fact that babies who are breastfed longer have a lower tendency to be obese. That’s an important fact to chew on considering that over the past three decades, childhood obesity rates in America have tripled, and nowadays nearly one in three children is overweight or obese.

The First Lady also shares a personal story about finding herself in a bind on the day of an important job interview. On maternity leave at the time, Michelle Obama didn’t have a

continued on page 18



Top Photo:
Surgeon General,
Regina Benjamin, M.D.

Middle Photo:
First Lady Michelle Obama

Bottom Photo:
Single Mother
Shamika Abbott

babysitter available to watch Sasha – who she was breastfeeding. The prospective employer, University of Chicago Hospitals, was undoubtedly aware that breastfed babies suffer fewer illnesses, which means mothers who go back to work are less likely to have to take time off to care for sick children. They welcomed Michelle and Sasha to the interview and offered her the job as the hospital's community affairs director.

Shamika Abbott Encourages and Advocates on Behalf of Other Mothers

Shamika Abbot never expected to see or hear her name mentioned in the same sentence as Dr. Regina Benjamin and Michelle Obama. Her part-time job as a breastfeeding peer counselor at the St. Rose WIC (Women, Infants & Children) Clinic came about quite organically for the single mother of three who was simply doing what she felt was best for her children, 7-year-old twins (Talayah and Tatiana) and 18-month-old, Mary Joycelyn (MJ).

"I was a WIC client who turned to the St. Rose WIC Clinic for support and wound up getting involved in all of the classes they offered for moms and babies," says Shamika. "MJ was about to turn 1 and just about done with breastfeeding when the Call to Action report was released. That's when I was approached about becoming a breastfeeding peer advocate."

Shamika was excited about the prospect but reminded Trianna Hunter, manager of the WomensCare Centers and the St. Rose WIC Clinic, that breastfeeding had, at times, been a love-hate relationship for her. Her experience further convinced Trianna that Shamika was perfect for the position. "Peer counseling is not peer pressuring women to breastfeed, it is about providing women who wish to breastfeed education, encouragement and empathy specific to their own unique breastfeeding challenges and opportunities," says Trianna.

So now, one night each week and every Saturday, her girls spend "daddy time" while Shamika spends "mommy time" with women seeking support.

Shamika Shares Her Experience

In July, Shamika was invited to share her personal experiences and perspective on breastfeeding at the international Mocha Moms, Inc. convention held in Las Vegas.

"Having twins in my early 20s was a bit traumatizing, but the care I received at St. Rose Dominican Hospitals – Siena Campus was incredible," says Shamika. "My nurses helped me get comfortable with breastfeeding my daughters."

During the following weeks, Shamika felt that breastfeeding twins – which seemed "doable" in the hospital – might be her own undoing. "I was juggling a full-time job, breastfeeding and diapering two infants while trying to nurse sore nipples back to good health," says Shamika. "It was a mess."

That said, Shamika addressed each challenge she met and managed to breastfeed Talayah for six months and Tatiana for eight months.

Six years later, Shamika returned to the Siena Campus to give birth to MJ. She told her nurse that she didn't want to breastfeed her baby. "I didn't think I could handle full-time work, housekeeping and helping the girls with homework while having to breastfeed a newborn," says Shamika. "The nurse acknowledged my choice but didn't rush to find a bottle of formula for MJ."

Single mother Shamika Abbott and children, 7-year-old twins, Talayah (seated) and Tatiana and 18-month old, Mary Joycelyn (MJ)



What the nurse did do was sit and listen to Shamika discuss the challenges of her previous breastfeeding experience and express her concerns about balancing all the demands of her busy life. The nurse then gently suggested that Shamika consider breastfeeding MJ for just one day. "She assured me that she would be by my side to offer assistance, and if it didn't feel right – or if I became overwhelmed at any time – it was my choice and right not to breastfeed," says Shamika. "But she also pointed out that breastfeeding MJ might be an entirely different experience than breastfeeding my twins."

Much to Shamika's surprise and delight, the nurse was right. "MJ latched on to my breast right away, and I instantly began to relax and bond with her."

A few days after returning home from the hospital, Shamika had a one-on-one breastfeeding consultation at the St. Rose WIC Clinic located at the Barbara Greenspun WomensCare Centers of Excellence's Henderson location.

"MJ was breastfeeding, but I was concerned about whether she was getting enough breast milk," says Shamika. "The staff provided the knowledge and reassurance I needed, information about all sorts of classes for moms and babies, and a Medela breast pump."

More importantly, Shamika says she left the consultation feeling like "100 bucks."

"Breastfeeding MJ didn't turn out to be another 'have to do,'" says Shamika. "It became a welcome routine that actually allowed me to sit down and really enjoy my baby girl."

Looking back, Shamika considers the time she devoted to breastfeeding her daughters, even with its challenges, a once-in-a-lifetime opportunity to give her children a better chance at good health. "I can't go back and breastfeed them again," says Shamika. "I am grateful that I was given the support I needed to breastfeed my children, and I am ecstatic that I have the opportunity to pay it forward now." **WC**

ACKNOWLEDGE THE BENEFITS OF BREASTFEEDING

- Breastfeeding protects babies from infections and illnesses that include diarrhea, ear infections and pneumonia.
- Breastfed babies are less likely to develop asthma.
- Children who are breastfed for six months are less likely to become obese.
- Breastfeeding reduces the risk of sudden infant death syndrome (SIDS).
- Mothers who breastfeed have a decreased risk of breast and ovarian cancers.
- Families who follow optimal breastfeeding practices can save \$1,200–\$1,500 in expenditures on infant formula in the first year alone.
- A study published last year in the journal *Pediatrics* estimated that if 90 percent of U.S. families followed guidelines to breastfeed exclusively for six months, the U.S. would annually save \$13 billion from reduced medical and other costs.
- For both employers and employees, better infant health means fewer health insurance claims, less employee time off to care for sick children and higher productivity.

58

The percentage of African American moms who start out breastfeeding their infants. Nationally, nearly 75 percent of U.S. women start out breastfeeding their babies.

ARE YOU AN AFRICAN-AMERICAN MOM IN NEED OF BREASTFEEDING SUPPORT?

According to the Centers for Disease Control, African-American women initiate breastfeeding at lower rates than Caucasian women and other women of color. Our WIC Clinics can help provide you support and breastfeeding supplies. Call St. Rose's WIC Clinics at 616-4905 for more information.



Mocha Moms, Inc.

Breastfeeding support group for mothers of color and any new mom seeking a sense of sisterhood.

1st Tuesday – Aug. 2, Sept. 6, Oct. 4; 11 a.m.-1 p.m.

WEST

3rd Monday – Aug. 15, Sept., 19, Oct. 17; 10 a.m.-12 p.m.

HEND

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

OVERCOME THE OBSTACLES TO BREASTFEEDING



DO read up and sign up. Breastfeeding is the best source of nutrition for babies, but do you understand the specific benefits? The more education you receive on the specific benefits and what to expect, the more likely you are to be comfortable and confident in your ability to learn to breastfeed.



DON'T follow the same old routine. In the United States, bottle feeding is viewed by many as "normal" while breastfeeding is considered an alternative. Create your own "normal" if you would like to breastfeed.



DO set your "support system" straight. A friend or family member's negative attitude about breastfeeding can impede your best efforts. Set them straight – invite them to attend a breastfeeding education class with you or ask them to keep quiet. A study of African American families shows that when positive breastfeeding education was directed at the father, the breastfeeding rate among the families' babies went up by 20 percent.



DON'T let someone else's embarrassment become yours. More women are exercising their right to breastfeed in public places, but scorn of their doing so is still alive and well due in part to the fact that American culture puts so much focus on the sexuality of breasts. Celebrate the child-nurturing function of breasts and hold your head high.



DON'T go it alone. Seek quality, professional help from a lactation consultant or counselor for sore nipples, engorged breasts, mastitis, leaking milk, pain, insufficient milk supply and failure to latch on by your baby – all can be physically and emotionally difficult.



DO keep an eye out for breastfeeding-friendly employers. Maternity leave benefits? Flexibility in work hours or locations? A designated private place for expressing milk? A place to store expressed breast milk? If you're planning to work and have a family, start looking for a workplace that supports breastfeeding even before you get pregnant.



DO your homework on breastfeeding savvy health care providers. Talk to women who have had positive breastfeeding experiences to find out which medical professionals and hospitals provide breastfeeding-friendly education and maternal child care services. And take the time to interview prospective health care providers and hospitals about their breastfeeding practices and policies.



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Does Summer Seem Like One Big Headache to You?

For all the excitement that summer brings, the staff of St. Rose Dominican Hospitals' Inpatient Headache Program knows that it can be a big pain for people who are prone to headaches and migraines. Neurologist Abraham Nagy, M.D., recommends that summer headache sufferers track and respond to their specific headache triggers.

Does bright sunlight bring on your headaches? Keep an extra pair of polarized sunglasses on hand – and a hat for your head – so you can take cover from the sun any time.

Does heat heighten the likelihood you will suffer a headache? Keep your home and work environment comfortably cool – and run errands such as grocery shopping in the early morning or after sunset. Also take an ice-cold water bottle with you whenever you head outdoors or jump into a hot car. It will keep you hydrated and double as an icepack that you can apply to your wrists or the back of your neck to help cool you down.

Do summer scents set off your headaches? Keep in mind that many sunscreens, air fresheners and even flowers have strong, potentially irritating scents, so opt for fragrance-free varieties.

Dr. Nagy also encourages headache sufferers to stay hydrated to keep summer headaches and heat exhaustion at bay. "If you experience heat exhaustion, head for shade or an air-conditioned place and drink lots of water or a non-caffeinated, non-alcoholic beverage such as a sports drink," says Dr. Nagy. "If possible, sit down and relax or take a cool shower." If your symptoms don't begin to subside, seek medical treatment. **WG**

KNOW YOUR EXERCISE OPTIONS

Exercise is important to good physical and emotional health. It can prevent or decrease symptoms of depression, make weight management easier, boost energy levels and promote better sleep; but medical challenges that produce pain, limit flexibility, weaken muscles or cause extreme fatigue may make exercising seem impossible. It's not surprising that many men and women who suffer from a chronic illness or physical ailment assume that they can't be active.

If you find it difficult to get up the energy to exercise, get to know your alternative exercise options and how they can help improve symptoms of chronic disease. The WomensCare Centers, for instance, offer a women's walking club, Gentle Yoga and Chair Yoga classes.

"Chair Yoga is just what it sounds like," says instructor, Lynn Barclay. "It is a gentler form of yoga that allows participants to move through stretches and poses while sitting, leaning or holding onto a chair."

The WomensCare's Gentle Yoga classes provide people of all ages and those with limited mobility the same mind and body benefits yoga has offered people for centuries, according to Lynn. It relaxes the mind and body, improves your musculoskeletal fitness and flexibility, and may help reduce pain associated with certain conditions.



Chair Yoga instructor, Lynn Barclay

Rose Regatta: Barbara is in it to win it!



Barbara Tarbet is a single mom who has a single-minded mission: to beat breast cancer. In the midst of her battle, however, she has set a second goal – to paddle her way to victory in the third annual Rose Regatta Dragon Boat Race & Festival, because proceeds will help fund the medical and psychosocial support services that St. Rose Dominican Hospitals and The Barbara Greenspun WomensCare Centers of Excellence provide for local women and men with breast cancer.

“My first priority is to beat breast cancer, but I also plan to help my team win the Rose Regatta,” she says. “A double victory is going to feel really great.”

Barbara will be paddling with the Pink Paddlers, a team of breast cancer survivors. Although Barbara is still in treatment, surviving is the only option this mother of two will entertain. “My daughters and I don’t have extended family here, it’s just us,” she says, “so staying healthy for Ashley and Ariel means everything to me.”

Fortunately, Barbara’s cancer was caught early during a routine clinical breast exam performed by her OB/GYN and confirmed through a mammogram and biopsy, St. Rose’s R.E.D. Rose program covered the cost of the lumpectomy performed to remove a small mass from her breast and three lymph nodes from under her arm.

“My cancer is classified as Stage I, which is good news,” says Barbara. “The tricky part is that it is a triple negative cancer, a fast-growing form of cancer that has a tendency to reoccur.”

Barbara’s type of cancer is aggressive but tends to respond well to chemotherapy – and, after having already had several sessions, she doesn’t seem concerned that she will still be undergoing treatment at the time of the Rose Regatta. “I feel really lousy after some of my treatments but have found that dragon boating makes me feel better physically and emotionally,” says Barbara. “In fact, it has sort of become a metaphor for my battle with cancer.”

For Barbara, the 19 other paddlers on her team are examples of the many people who are pulling for her to beat breast cancer. The team’s drummer – who keeps the team paddling to a rhythm – represents the sense of hope others have instilled in her, and the team’s steersperson the guidance and great lengths to which St. Rose Dominican Hospitals, the WomensCare Centers and her physicians are going to keep her treatment on course so she makes it across the finish line. **WC**

Barbara Tarbet and daughters, Ashley (left) and Ariel at Lake Las Vegas

SIMPLIFIED LOOK AT BREAST CANCER STAGING

Breast cancer staging provides a universal language that doctors, nurses and patients can use to discuss the extent of the disease and determine the course of treatment. Staging describes the cancer based on the size of the tumor, whether the cancer is invasive or non-invasive, whether lymph nodes are involved and whether the cancer has spread beyond the breast. Note that staging is an estimate and variations may exist in each stage of the disease.

Stage 1

- Cancer in breast tissue, tumor less than 2 cm across

Stage 2

- Cancer in breast tissue, tumor less than 5 cm across
- Cancer may also spread to axillary (armpit) lymph nodes

Stage 3

- Tumor is larger than 5 cm across with extensive spread to axillary or other nearby lymph nodes
- Possible inflammation of breast tissue, dimpling, thickening and change in color of the skin due to blocked lymphatic drainage

Stage 4

- Spread of cancer beyond the immediate region of the breast



To Benefit Breast Cancer Services at St. Rose Dominican Hospitals

Grab a paddle and get on board St. Rose Dominican Hospitals' Third Annual Rose Regatta Dragon Boat Race & Festival – a fun, feel-good fundraiser that benefits women and men with breast cancer. Our community's collective paddle power can help provide uninsured and underinsured breast cancer patients the medical and emotional support they need to find stability and stay financially afloat during their time of need!

Why a Dragon Boat Festival?

Why not? The Rose Regatta has breathed new life locally into the ancient Chinese sport of dragon boat racing – one of the world's fastest-growing recreational water sports.

Who can participate?

Dragon boat racing is an incredible water sport that people of all ability levels can enjoy. Individuals (13 years of age or older), families, friends and business colleagues are invited to form a team or join one of our "Paddlers Wanted" teams. Registration packets, pledge forms and practice schedules are available at the WomensCare Centers and at roseregatta.org.

What gear do I need to paddle?

If you'll provide the enthusiasm and teamwork to help move a 40-foot dragon boat across the water, we'll provide the boats, the paddles and the life jackets.

What if I want to help but don't plan to paddle?

No problem! Following are ways you can support the Rose Regatta:

- **Make a Pledge** – Pledge a donation to an individual Rose Regatta team 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 to toss on the water during a "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** can also be mailed directly to Rose Regatta c/o St. Rose Dominican Health Foundation, 3001 St. Rose Parkway, Henderson, NV 89052 or by phone, 616-5750.

Saturday, October 8, 2011
Lake Las Vegas
www.roseregatta.org or call 616-4900



What St. Rose Dominican Hospitals' breast cancer services does the Rose Regatta support?

A: The R.E.D. Rose Program – which stands for Responsible Early Detection of breast cancer – works in partnership with the southern Nevada affiliate of Susan G. Komen for the Cure to provide free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men 49 and younger who lack adequate health care coverage or the financial means to obtain them. Support services such as utility, rent and food assistance are also available to anyone undergoing breast cancer treatment.

The St. Rose/Charity Care Program often provides R.E.D. Rose clients who require additional support for necessary surgeries and hospitalization free or discounted medical treatment.

The WomensCare Centers offer ongoing breast cancer support groups and a wealth of health, nutrition and exercise classes. Through a partnership with the American Cancer Society, the WomensCare Centers operate as ACS Quality of Life Centers providing wigs, turbans and hats for cancer patients who have lost their hair. The Center also offers prosthesis and bra fitting services.

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Imagine life without breast cancer.®



CHAMP:[®] Helping Heart Failure Patients Champion Their Health

Being hospitalized with difficulty breathing can be frightening, but going home with a diagnosis of congestive heart failure can be even scarier for patients who may be sick, fatigued and afraid about what to do next. That's why patients referred to St. Rose Dominican Hospitals' free, Congestive Heart Active Management Program (CHAMP) breathe a sigh of relief when they receive a phone call from a nurse who wants to help them follow their doctor's orders.

A Frightening Diagnosis

The words "heart failure" sound alarming, but the diagnosis does not mean that your heart is going to stop working or that you are about to die. "Heart failure is a chronic condition that weakens the heart and its ability to pump oxygen-rich blood and fluids through the body," says cardiologist, Dr. Leo Spaccavento. As this happens, the heart must work harder and harder, which may leave patients feeling fatigued, exhausted – even struggling for breath.

Patients admitted to the hospital with breathing problems often describe feeling as if they can't take in any air or that they are drowning – which, as the heart struggles to keep up with the demands of the body, results from fluid backing up into the lungs and pooling in the lower half of the body (feet, legs and eventually the abdomen).

A Common Chronic Condition

Annual hospitalizations for heart failure exceed 1 million patients a year in the United States – and it is the No. 1 reason for admissions in patients over 65 years of age. What's more, approximately 25 percent of patients nationwide are readmitted within 30 days of their discharge from the hospital.

Not all rehospitalizations are bad news, says Dr. Spaccavento. Some patients return to the hospital for procedures such as angioplasty or heart bypasses that help address underlying causes of heart failure. All

too frequently, however, patients are readmitted to bring the same set of symptoms under control, which may indicate a gap in the continuum of care patients receive after they are discharged from the hospital. "CHAMP aims to reduce hospital readmissions by helping patients transition from hospital to home and on to actively managing their health," says Sharon Alfaro, RN, BSN, CHAMP Clinical Coordinator.

Helping Patients Follow Their Doctor's Orders

Patients are referred to CHAMP by St. Rose and the program's success is based on two primary components: convenient, routine patient calls with a registered nurse case manager and educational classes geared to help patients – and their family members – better understand and manage heart failure worries, symptoms and side affects.

"Our initial goal is to meet a patient's need based on where they are physically and emotionally after discharge," says Sharon. "Often times they are at home, tired and confused about how to manage their health."

Sharon says a CHAMP nurse will call a patient within a few days after they are discharged from the hospital or home health care to check on how they feel and go over their doctor's instructions regarding diet and fluid recommendations, daily weigh-ins to monitor fluid retention, and medications and dosing instructions. If the patient is comfortable carrying out their doctor's orders – and if their condition is well controlled – the CHAMP nurse will call the patient back on a weekly basis to assess their condition and provide ongoing behavior modification education. As a patient becomes more confident in their ability to manage their health, the nurse may scale back her calls to every two weeks and then to once a month.

continued on page 27

To My Dear Daughter My Daughter, My Heart, My Love 3-Diamond Pendant

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My Heart, My Love"



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That brightens my days
Your beauty, your confidence
your spirit so strong,
all shine from within
like a wonderful song.
Your talent, your grace
the gifts that you share,
with faith and with wisdom,
show the way that you care.
Your plans and your dreams
for what's yet to be...
your ideas for the future,
are the hopes shared with me
So I'll love you forever
because right from the start
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and put a smile on my heart.
You're my beautiful Daughter—
a promise come true
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“We do have patients who need ongoing proactive monitoring in order to avoid re-hospitalization,” says Sharon. “We may call them at home several times a week – and we encourage patients to call us with their questions or concerns about weight change, swelling or shortness of breath.”

Because the CHAMP program is ongoing and becomes a familiar resource patients can turn to, CHAMP nurses routinely provide patients information on classes and community resources that better enable them to improve or maintain quality of life.

“Our nurses have patients and families they have communicated with for years,” says Sharon. “I know the names of my patients’ dogs and I know when they are having a hard time. Likewise, they know me well enough that they can ask me questions about other health conditions they may face.”

When Questions or Concerns Arise

Managing heart failure takes ongoing effort and, even in the best-case scenarios, patients are likely to experience an occasional worsening of symptoms that need attention. Patients are encouraged to call CHAMP – rather than waiting until their next doctor’s appointment – to discuss issues such as unexplained weight gain of two or more pounds in one day or five or more pounds in one week, increased swelling or a decreased ability to perform daily activities.

“Unexplained weight gain is a strong indicator that a patient is retaining water, which is taxing on their heart,” says Sharon. “The patient’s CHAMP nurse can talk them through steps they can take to bring their fluid levels back under control.”

The nurse then reports the plan of action and outcome to the patient’s physician in writing. If the patient contacts CHAMP about a serious or ongoing issue, the nurse is likely to communicate with the doctor’s office by phone or recommend that the patient make an immediate appointment rather than waiting until their next scheduled doctor’s visit.

Ultimately, Dr. Spaccavento says, “CHAMP helps doctors help their patients and patients help themselves.” **WGC**

THE FACTS OF HEART FAILURE

The words “heart failure” sound alarming but what may be even more astonishing are the numbers associated with this chronic illness. Consider the following:

- Nearly 5 million people in the United States have heart failure
- Approximately 550,000 new cases are diagnosed each year
- Heart failure is the leading cause of hospital readmission and accounts for 20 percent of Medicare hospital payments. Patients who are hospitalized due to heart failure are often readmitted within 30 days of their hospital discharge

Symptoms of heart failure vary and include the following:

- Fatigue
- Increased heart rate, palpitations
- Loss of appetite
- Memory loss, confusion
- Nausea
- Persistent coughing or wheezing
- Shortness of breath
- Swelling of the feet, legs or abdomen



What simple advice can you provide that may ease the symptoms of heart failure?

A: One of the simplest concepts we use is the “**Rules of 2.**” I explain it like this:

2 pounds.

Weigh yourself daily, and if you gain more than two pounds on any given day, fluid retention should be addressed. Ask your doctor what your “target” weight should be. Target weight is not necessarily what you would consider your “ideal” weight, but the weight at which your heart is working best.

2 quarts.

Limit your daily intake of water and other beverages to no more than two quarts per day to help reduce the likelihood that you will retain excess fluid. However, talk to your doctor or CHAMP nurse about recommendations specific to you.

2 grams (2,000 milligrams).

Limit your daily intake of salt to no more than 2 grams to help reduce fluid retention. Try using other seasonings such as vinegar, garlic, pepper or lemon to add taste to your food.

SHOULD I SEEK EMERGENCY CARE FOR HEART FAILURE?

Go to your local emergency department or call 9-1-1 if you have:

- New chest pain or discomfort that is severe, unexpected and occurs with shortness of breath, sweating, nausea or weakness.
- Fast heart rate (more than 120-150 beats per minute or as directed by your doctor) – especially if you are short of breath.
- Shortness of breath not relieved by rest.
- Sudden weakness or paralysis (inability to move) in your arms or legs.
- Sudden onset of a severe headache.
- Fainting spell with loss of consciousness.

EASING A WOMAN’S WORRY

While understanding heart failure is important, a new study suggests that women who are well informed about their diagnosis may be more prone to depression, particularly if they repress anger or other emotions about their condition. Because depression was also linked to a higher risk for quick readmission, the study suggested that health care professionals and the patient’s support system (family, friends or caretakers) should consider a woman’s coping and communication styles when presenting her with information and instructions regarding her condition.



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



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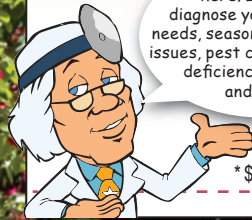


Eight convenient locations and there's one near you go to StarNursery.com

August



Iron Worker designed for our tough desert soils, turns yellow leaves & yellow lawns green. Great for use in the heat to help correct iron deficiencies and green up plants and lawns.



Dr. Q here. I can help diagnose your irrigation needs, seasonal plant stress issues, pest control, nutrient deficiencies, pruning and more.

Dr. Q Makes House Calls! to set up an appointment call 771-STAR (7827) or visit any Star Nursery.

\$10 OFF*
Dr. Q House Call

*\$60 house call fee. Must present coupon for discount, exp. 8/31/11

September

Soil preparation is the answer to a successful garden. Use Dr. Q's Paydirt to freshen up your garden with a couple inches of his premium planting mix and mulch for healthier plants and better production.



Dr. Q's Paydirt Planting Mix & Mulch

1 FREE BAG OF PAYDIRT!

Buy 4 at \$6.99 ea. (2 cu. ft. bag) get 1 free. Only valid with purchase of 4 bags. Must present coupon for discount, 1 coupon per purchase. Cannot be combined with any other offer. exp. 9/30/11

Now is the time to clean up your roses.

Prune off summer damage and give them a light feeding of Dr. Q's Rose Potion, just \$5.99 for a 5lb. bag

Visit StarNursery.com for tips.



October

Now is the time to fertilize your fruit and nut trees. Use Dr. Q's Fruit & Nut Tree Food, formulated for our tough desert soils.



Fall is for planting.

Take advantage of the cooler season, plant fruit trees and winter veggies like cabbage, broccoli and many more.

FREE! 5 lb bag of Gold Dust with purchase of any 5 gallon fruit tree.

Must present coupon for discount, 1 coupon per purchase. Cannot be combined with any other offer. exp. 10/31/11



Kick the Flu Like a Master of Kung Fu

Got a child with asthma? WomensCare, St. Rose and allergist Sean McKnight are teaching kids with asthma to defend themselves against influenza at "Kung Fu The Flu," an Asthma Kids Club festival being held on Saturday, September 17, 2011, at St. Rose Dominican Hospitals - San Martín Campus (see WomensCare calendar for more details).

According to Dr. McKnight, influenza poses a special health risk to children with asthma as they are more likely to suffer from severe flu symptoms, more likely to develop pneumonia or acute respiratory disease as a result of the flu and are more likely to need intensive care if they are hospitalized for the flu.

Kick the flu before it gets you – or your child!




Dr. McKnight recommends that all members of a family follow the "flu fighters" four defensive moves:

- 1. Get Vaccinated** – Flu vaccinations are recommended for children 6 months of age or older and are especially important for those younger than 5 years of age and kids of any age with health conditions like asthma, diabetes and heart disease. Yet only 1/3 of children with asthma are vaccinated against seasonal influenza each year. Parents should also be vaccinated to avoid spreading the flu to their children with asthma.
- 2. Wash Up** – Good hygiene, including frequent hand washing and covering your mouth when coughing or sneezing, is the first line of defense against the flu.
- 3. Watch Out** – Avoid interaction with other people who have the flu, and if your child has the flu, keep him or her home for at least 24 hours after the fever is gone (fever should be gone without the use of a fever-reducing medicine).
- 4. Take flu antiviral drugs.** If your doctor prescribes antiviral drugs, which are different than antibiotics, it may make the flu milder and shorten the time you are sick. They may also prevent more serious flu complications. **WC**

Dylan McDonnell uses his "flu fighters" defensive moves



ASTHMA BACK TO SCHOOL CHECKLIST

-  **Asthma Check Up:** Even if your child's asthma is well managed, schedule a check up with your child's allergist or pediatrician to ensure your child's health is evaluated and his or her Asthma Action Plan is updated.
-  **Asthma Action Plan:** Provide your child's school nurse, teachers and coaches a copy of your child's Asthma Action Plan. Discuss his or her asthma triggers and typical asthma symptoms. Also give the school nurse the medications your child may need to take during the course of the school day or find out if your child's school allows students to carry and independently administer their own asthma medication.
-  **Asthma Emergency Plan:** Make sure that your child's school knows how to contact you in case of an emergency, and confirm the type of training school staff, school coaches and bus drivers have in regard to responding to asthma emergencies.

Text Your Miracle Donation Today!

Automatically send a \$10 donation to Children's Miracle Network by simply texting the word ROSE to 90999. Donations will be billed directly to your phone bill by your wireless carrier and 100 percent of your donation will benefit pediatric patients cared for at St. Rose Dominican Hospitals.



Vegas' best kept Secret. Revealed.

Looking to stay, play, shop or live? Lake Las Vegas is the place you're looking for.



STAY



PLAY



SHOP



LIVE

Some of the world's most famous hotel brands are at Lake Las Vegas. Stay in these remarkable lakeside resort hotels and you'll definitely have something to write home about. Luxurious accommodations, first-class service and incredible meals await you.

Play your favorite casino games at Casino Montelago. Or, if golf is your game, play on one of the region's most admired courses. And there's also swimming, hiking and biking. Of course, our marina offers sailing, rowing, kayaking, fishing, and much more. You get the point. Whatever you play, we have it.

With dozens of shops, you'll find yours at The Village at Lake Las Vegas. From home accessories and furniture to clothing, it's all here. Stroll down the Italian-style streets and you will get the feeling of being somewhere else in time. Then stop at any of the many restaurants for a bite to eat and then pick up where you left off.

From cozy condominiums to luxury estate homes, Lake Las Vegas offers a wide selection of new and existing homes for you to make this exclusive community home. Imagine if you will, referring to the beautiful surroundings of Lake Las Vegas as your home. Doesn't it just sound good?



LAKE LAS VEGAS.

LakeLasVegas.com

Realize Your ★ Five-Star Visualization Vacation

If you are stressed out and desperately in need of some immediate rest and relaxation, take a visualization vacation:

- ★ Find somewhere quiet to sit for five to 10 minutes
- ★ Close your eyes and focus on your breathing for a minute or two
- ★ Visualize your favorite vacation spot or your idea of a five-star vacation
- ★ Note some of the specifics that make your visualization come to life. Is relaxing on the beach sipping a fruity concoction your idea of paradise?
- ★ Later, shop for at least one simple-to-find item on your list. For instance, if your visualization included a stay in a romantic Tuscan villa, purchase a few roses, light a candle, place one rose on the side of your bathtub and scatter petals from the other roses in your bathwater just before taking a luxurious, relaxing soak.

By engaging in healthy visualizations and making use of some simple, inexpensive props, you can begin to transport your mind from a place known as hectic to a destination called calm. **WGC**

MAKE A LAVISH BEACH GETAWAY A REALITY Plan your staycation at Lake Las Vegas

Loews Early Bird Staycation Special!

Maximize your daytime (and playtime) fun at Loews Lake Las Vegas. Check in as early as 8 a.m., Monday - Thursday, through September 1, 2011, for as little as \$149 a night. Package includes lunch for four at Sandsabar Grill (any four items on the menu) and a 20 percent discount on treatments at Spa Moulay.

Ravella's Locals Deserve Luxury Special!

Relish being a Nevadan! Ravella is indulging locals with resident rates starting from \$79 per night for deluxe resort accommodations (King or Double room), 20% off at The Spa and discount cabana rentals starting at \$100 a day. Call 888-810-0440 and use code NRR when making room reservations or call The Spa directly at 567-4600 to book spa/salon services.

THREE-INGREDIENT SUGAR SCRUB by Loews Spa Moulay

Ingredients:

- 1 cup sugar
- 1/2 cup extra virgin olive oil
- Juice from 1/2 lemon, orange or grapefruit

Mix ingredients in a shatter-proof, plastic jar. Apply scrub to a washcloth and rub into skin in gentle circles to exfoliate skin. Rinse skin well after using the scrub.





St. Rose Dominican Hospitals

A member of CHW

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