

St. Rose Dominican Hospitals

# WomensCare

strosehospitals.org

spring 2012 • issue 53 • for the body • mind • spirit

## Tune in as miracle kids talk!

Children's Miracle  
Network Hospitals  
Radiothon  
May 31-June 2

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**ST. ROSE**  
offers TAVR  
procedure for  
patients too sick  
for open heart  
surgery

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**DIGNITY  
HEALTH:**  
what's in our  
new name?

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**GET THE BIRTHING  
EXPERIENCE**

*you and your  
baby deserve!*

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## Upcoming Promotions

### *"Ears to You"* **FREE EARRINGS!**

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## COVERSTORY

### ► OUR President's Perspective

#### Rod A. Davis

President/CEO, St. Rose Dominican Hospitals & Senior Vice President of Operations, Dignity Health Nevada

Dear Readers,

When Catholic Healthcare West (which St. Rose Dominican Hospitals is a member of) recently changed its name to Dignity Health, I Googled the word "dignity." I found several definitions, numerous synonyms and these lyrics by Bob Dylan: "Fat man lookin' in a blade of steel, Thin man lookin' at his last meal, Hollow man lookin' in a cotton field, For dignity."

The various verses of Bob Dylan's song, Dignity, convey the message that dignity isn't a person (as in a dignitary), nor is it a physical object that can be photographed or purchased. Dignity is intangible. It's something we are all born with, yet many people do not sense their own dignity unless others recognize it.

The heartbreak of not having one's inherent dignity recognized or "seen" is a concern of so many, particularly those who are most vulnerable — the sick, the dying and those who live on the margins of society.

That's why we are proud of our new name. Dignity Health speaks to the foundation and future of who we are: a healthcare ministry that treats every patient with deep, abiding respect for their inherent value as a human being.

Read more about Dignity Health from the perspective of St. Rose's Adrian Dominican Sisters on page 10.

### Radiothon for St. Rose

Our fresh-faced cover girl, Aaliyah, pictured with adorable JJ, hasn't let health issues that have required several hospitalizations dim her bright future. She is a high school honor student, an upcoming contestant in the Miss Junior Nevada pageant, and a Children's Miracle Network Hospitals' spokesperson.

On Thursday, Friday and Saturday, May 31-June 2, Aaliyah and other amazing Miracle Kids will share their heartwarming medical journeys during the Children's Miracle Network® radiothon, which will be broadcast live on 102.7 FM The Coyote, and AM720 KDWN, with live remotes on KKLZ from the St. Rose Dominican Hospitals-Siena Campus. Read more about this story on page 4.



### The Barbara Greenspun WomensCare Center of Excellence

WomensCare Centers offer classes and programs designed to help adults and children achieve optimal physical, emotional and spiritual well being. See our calendar of offerings on pages 25-30.



**St. Rose  
Dominican Hospitals**  
A Dignity Health Member

St. Rose Dominican Hospitals, A Dignity Health Member, 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.

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# GROWING UP AND SPEAKING UP!

## Tune in as Children's Miracle Network Hospitals® Kids Take Over the Radio Airwaves!

**Whether it's achy bones, skin breakouts or bruised egos, every child is bound to suffer some growing pains. Tomi, Makayla, Sterling, JJ, Keaton, Ivan and Aaliyah are no exception, yet they are each exceptional because they have also bravely faced the physical and emotional hurt of a childhood illness, disease or disorder and are now preparing to take on one of life's other great challenges — public speaking!**

**On Thursday, Friday** and Saturday, May 31-June 2, these amazing kids will share their stories — and ask for your help — during the Children's Miracle Network radiothon, which will be broadcast live on 102.7 FM The Coyote and AM720 KDWN, with live remotes on 96.3 KKLZ from the St. Rose Dominican Hospitals-Siena Campus. Children's Miracle Network raises funds for 170 children's hospitals across North America. All of the funds raised in the Las Vegas valley stay here to help infants and children cared for at St. Rose, our community's only not-for-profit, faith-based health care ministry.

Aaliyah, an honor student at Arbor View High School, already has a good sense of what she will share with the community during the radiothon.

"I've had two anterior cruciate

ligament (ACL) surgeries to repair soccer injuries, and I've been hospitalized a couple of times this past year for chronic bronchitis that led to Bell's palsy," says Aaliyah. "I've been treated at hospitals that are much closer to my home and school than St. Rose, but we make the 45-minute drive here because the pediatric doctors and nurses treat me with such kindness. They really know how to talk to and treat kids and teens."

Aaliyah will also talk about the friendships she's kindled with other Miracle Kids like Tomi, who shares her love of reading, and JJ, a 9-year-old who has Lupus and multiple sclerosis. And, she says, she'll be proud to have the opportunity to be a voice for Keaton, who has cerebral palsy and requires ongoing care, as well as 9-year-old Ivan

who still isn't sure he'll be comfortable talking on the radio.

"When Ivan came to the pediatric ER at St. Rose, he was sobbing. His unbearable headache pain turned out to be a brain tumor. All of Ivan's tests, his brain surgery and his follow up care have taken place here at St. Rose," says Aaliyah. "He's healthy now and back in school — although I know he can't wait for summer break."

Aaliyah is grateful that a number of teens were asked to serve as spokespersons for the Children's Miracle Network radiothon and events this year. "We're growing up quickly, and we've got important things to say," she says. "I think we'll do a good job of explaining why it's important to support the care St. Rose provides for the babies, toddlers, kids and teens of our community."

## How can I help?

Tune in to 102.7 The Coyote, AM720 KDWN or 96.3 KKLZ on Thursday, Friday and Saturday, May 31-June 2, and call to make a donation. A full 100 percent of your donation will benefit St. Rose Dominican Hospitals' Pediatric, Pediatric Intensive Care and Neonatal Intensive Care units or programs.

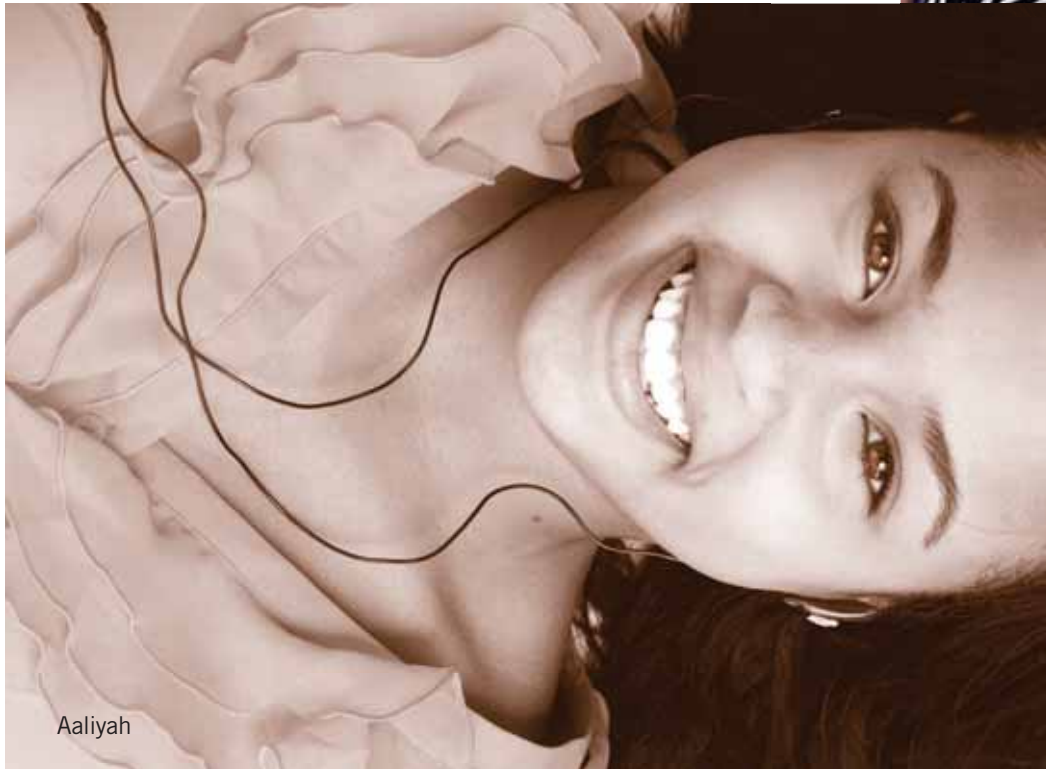
Keaton



Ivan



Aaliyah



JJ



**“I love St. Rose. The nurses are so nice to me and my mom, and they have a Child Life Specialist, Kathy, who plays games, sings songs and sits with me to take my mind off of my treatment and my pain.” — JJ Martinez, age 9**



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Children's  
Miracle Network  
Hospitals

## Numbers at a glance

# 40,000

The number of children St. Rose treats each year.

### Buy a Balloon!

Support Children's Miracle Network by purchasing a paper icon Miracle Balloon at Walmart, Sam's Club, Costco or Smith's.

Tomi



Makayla



Sterling



## I am a MIRACLE (and so are the thousands of other kids St. Rose cares for every year).

### Tomi, Sickle Cell Anemia

**My disease is genetic, but it is not contagious, curable or the sum of who I am.** When I was younger, some kids shied away from me because they thought they could catch sickle cell, but I've developed an incredible, understanding group of friends.

My red blood cells are oddly shaped — like sickles or crescent moons — and they can slow or stop the flow of blood and oxygen through blood vessels in my chest, abdomen and joints. It can be very painful, so when I have a sickle cell crisis, I need doctors and a hospital I can count on.

My family developed a strong level of comfort with St. Rose when my dad had cancer treatments at the hospital. We lost my dad, but not our faith in St. Rose. My doctors and nurses are very caring, and the childlife specialist, Kathy, is a good friend. My mom feels grateful knowing that I am well cared for when she is at work.

Living with sickle cell can be difficult, but I try to take it in stride because there is a great deal I want to accomplish. I am a straight A student and hope to become an OB/GYN because I love babies.

### Makayla, Femoral Torsions, Psoriatic Arthritis

**You might say I am a walking miracle.** I had femoral torsions — twists in my thigh bones — that became pronounced when I went through a growth spurt. I had several successful surgeries at St. Rose to realign my femurs and build up the arches in my feet. My final surgery was performed at an outpatient surgery center and I probably went home too soon. My blood pressure skyrocketed and my oxygen saturation fell dangerously low.

I might have suffered a stroke or died if a home health nurse, Belinda, hadn't shown up a day earlier than scheduled. She rescued me. My mom calls Belinda my angel, because when she's not providing home health services, she's caring for kids like me in St. Rose's pediatric unit.

Besides torsions, I have psoriatic arthritis, so my surgical incisions didn't heal as quickly as most kids' might. After my outpatient surgery, I developed a serious bone infection called osteomyelitis so I went to St. Rose's Wound Healing Center for hyperbaric oxygen therapy and wound vacuum treatment. I am fascinated by wound care. When I told the staff that I want to specialize in it some day, they gave me my own personalized white coat!

### Sterling, Spina Bifida

**I wear No Fear T-shirts. It's sort of my motto.** I was born with spina bifida, so being in and out of doctor's offices and hospitals is second nature to me. I take a "No Fear" approach to my condition, but when I was hospitalized for renal failure, I could see and feel my mom's concern.

My mom says that the parents of kids who are hospitalized often feel isolated — like their world stands still while the world outside their child's hospital moves on. She doesn't feel that way at St. Rose because she sees the hospital as an extension of our community. Any time she and my dad go down to the cafeteria, they see someone they know who is visiting a friend or family member, so there is an opportunity to give and receive support. My mom also believes that every St. Rose staff member is special and appreciates that Chaplain Hilda comes to pray with her each time I'm there. **WC**

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# Worried about your child's images?

St. Rose Dominican Hospitals safeguards the health of our pediatric patients by using gentle imaging techniques that reduce exposure to excess radiation during diagnostic imaging.

**Q: A CT scan (CT) has been recommended for my child, but I am concerned about the safety of the test. Is it true that radiation from CTs can cause cancer?**

A: There is no conclusive evidence that radiation from diagnostic CT scans causes cancer, but children are more sensitive to radiation received from imaging scans than adults and cumulative radiation exposure to their smaller, developing bodies could, over time, have adverse effects, so extra caution is recommended to limit their radiation exposure.

**Q: Are there other diagnostic methods that might be safer for my child?**

A: There are diagnostic alternatives. X-rays expose your child to a lower dose of radiation and are preferable if a CT's higher level of imaging detail is not required. Ultrasounds and magnetic resonance imaging (MRIs) can provide similar information, but MRIs are lengthy and sedation may be required. Sedation carries its own risks that must be weighed. Another alternative is the wait-and-watch approach. This is often hard on anxious families, but in some situations may provide the same results.

**Q: Are there situations when a CT is the best way to get the imaging information needed to make a medical decision about my child?**

A: There is no doubt that CTs can help save lives. If your child faces a serious illness or injury that requires a CT, the benefits may clearly outweigh the risks to your child. If CT is the best test, ask what low dose techniques will be used to minimize radiation exposure.

**Q: Are all medical offices and hospitals required to use these low-dose techniques?**

A: No. Some facilities that primarily provide CTs on adults may not use radiation dose reduction techniques when scanning children. Be sure to get detailed answers or printed information regarding their pediatric diagnostic imaging safety processes. Also, keep a record (similar to a shot record) of your child's CT records including when and why your child had the scan, what parts of the body were scanned and what radiation dosage was used. **WC**



▶ **Anne Weber, Amy Moran-Yannis and Amy Davis** oversee St. Rose's efforts to provide gentle, safe diagnostic imaging.

▶ **St. Rose is minimizing radiation risk to children.** St. Rose radiologists and imaging staff take the following steps to ensure that children are exposed to the smallest amount of radiation possible during an imaging study:

- Image only when there is a clear medical benefit
- Use the lowest amount of radiation for adequate imaging based on size of the child
- Image only the indicated area
- Avoid multiple scans
- Use alternative diagnostic studies (such as ultrasound or MRI) when possible



# Dignity Health: A NEW NAME. AN ENDURING MISSION.

St. Rose Dominican Hospitals has served the needs of southern Nevadans for 65 years. For more than 20 of those years, the hospitals have been members of Catholic Healthcare West (CHW), a network of hospitals in California, Arizona and Nevada. That has not changed, but CHW's name recently did.



▶ Sr. Vicki Dalesandro, Sr. Phyllis Sikora (center) and Sr. Katie McGrail help inspire St. Rose's values-oriented culture of caring.



► **Points to Ponder.** Sr. Phyllis recently addressed the topic of change by saying: When we get too bogged down worrying about the future, we tend to make decisions out of fear. We hold on tightly rather than opening our hands so that we can receive.

What are your thoughts about the future and how do you respond to change?

**A**

s the network of CHW hospitals transitioned to the name Dignity Health, *WomensCare* magazine engaged three of St. Rose’s Adrian Dominican Sisters — Sr. Vicki Dalesandro, Sr. Katie McGrail and Sr. Phyllis Sikora — in conversation about dignity.

## Questions & Answers

### Why did Catholic Healthcare West change its name?

Catholic Healthcare West, of which St. Rose Dominican Hospitals is a member, recently changed its name to Dignity Health. We believe that the name Dignity Health perfectly describes what our organization stands for: showing respect for all people by providing excellent care.

Dignity Health means clinical expertise, by way of the nation’s top doctors and nurses. It means working closely with our patients so they can lead healthy, meaningful lives. And, of course, it means doing all of this with compassion — the type of compassion that includes finding ways to deliver high quality care at the lowest possible cost so it’s accessible to all.

As we embark upon a future that will require us to meet the needs of more people, this new name exemplifies who we are and positions our organization for growth.

### Sr. Vicki Dalesandro, OP

“I think we recognize someone’s dignity when we treat them with the same respect and compassion that we want to be shown,” says Sr. Vicki Dalesandro, as she sits gently rubbing her hands, red and burned from a recent round of chemotherapy.

Sr. Vicki accepted her new position as the Director of Caring & Healing at St. Rose Dominican Hospitals’ San Martín Campus just one month before being diagnosed with breast cancer. Although she has been encouraged to take time off when needed for treatment and recovery, she continues to work, which does not surprise those who know her. Sr. Vicki doesn’t shy away from new opportunities or challenges.

In fact, while Sr. Vicki spent the last 10-and-a-half years working at St. Mary’s Medical Center in southern California, she previously served as St. Rose’s Vice President of Mission Integration during its intense growth period in the late 1990s. As the hospital built the Siena Campus and several medical buildings, expanded its home health services and introduced its first *WomensCare* Center, Sr. Vicki made sure

that the hospital’s core values — dignity, justice, stewardship, collaboration and excellence — were upheld at every level of the organization. She was also intimately involved in the expansion of the hospital’s community outreach services, including the formation of R.E.D. (Responsible Early Detection) Rose, which provides 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.

Sr. Vicki has relished the opportunity to return to St. Rose in a ministry that allows her more time on medical units and at patients’ bedsides. She routinely walks the halls to talk to staff, she sits in on their “team huddles,” accompanies charge nurses on their rounds and, at times, prays with patients. While Sr. Vicki is still getting re-acclimated at St. Rose, the staff already feels her “inspiration,” because while national protocols for providing safe, effective treatment continue to evolve, she embodies the timeless value of compassionate care.

### Sr. Katie McGrail, OP

When Sr. Katie moved to southern Nevada to accept the position of Vice President of Mission Integration for the Siena Campus, she experienced two things. The first was a considerable learning curve in the day-to-day operations of hospitals, though her background in counseling, theology and spirituality made her a perfect fit for St. Rose. The second was a tremendously warm reception from the St. Rose staff.

“Coming to work here was quite humbling. The staff was incredibly welcoming, even though they didn’t know me,” says Sr. Katie. While she realizes that the staff inherently trusted her because she is an Adrian Dominican Sister, she believes that making patients feel warmly welcomed is important to honoring their dignity.

“Our Adrian Dominican Sisters founded St. Rose based on the Catholic belief that we are all children of God and, as such, equals,” says Sr. Katie. “They cared for the people of our community the best they could regardless of their race, education, economic status or faith orientation.”

In fact, when the Sisters



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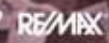
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purchased Basic Magnesium Hospital from the U.S. government 65 years ago, the first thing they did was put an end to the hospital’s practice of segregating patients. “Our Sisters were very attentive to the needs of the whole person, including their mind and spirit,” says Sr. Katie. “This devotion is still central to St. Rose’s mission today.”

The 12 Sisters who currently serve at St. Rose provide invaluable guidance, but with three hospitals and a staff of 3,500 people, Sr. Katie says that St. Rose’s employees are the hospital’s living legacy. “I find the diversity of St. Rose’s workforce reassuring,” she says. “Our understanding of the human experience is enhanced by working side-by-side with staff and community members who have varied backgrounds and beliefs.”

Sr. Katie had a unique opportunity to see the world through a different lens while living in Kenya, where she taught Kenyan Sisters for seven years. “The people of Kenya live simply. They are a poor but happy people. I think they demonstrate that you don’t have to have possessions to have dignity.”

**Sr. Phyllis Sikora, OP**

Sr. Phyllis, the Vice President of Mission Integration for the Rose de Lima Campus, likes the name Dignity Health. “It builds upon our values — not just St. Rose values, but Catholic values — so even though the name Catholic is not spelled out in our new name, it speaks to who we are and what we believe in,” she says.

In the first few weeks after CHW changed its name to

Dignity Health, Sr. Phyllis was repeatedly asked if St. Rose would be held to higher standards because of its new name.

“I think our community already has high expectations of us, and when we fall short of their expectations, they aren’t afraid to call us on it,” says Sr. Phyllis. “We have to appreciate their feedback, even when it is criticism because it calls us to reflect, to correct and to improve.”

Sr. Phyllis’ work in healthcare spans several decades. Her first job, as a chaplain at a psychiatric hospital, led her to become a social worker. She also served as the Director of Mental Health at the Adrian Dominican Motherhouse, where she helped aging Sisters living with chronic and terminal illnesses address the tough questions they faced — and many people face — in the later stages of life.

“When people are sick or dying, their needs go beyond the physical. They may face spiritual pain while trying to make sense of and make peace with their life, their decisions and their relationships,” says Sr. Phyllis. “It’s important for us to recognize their internal struggle and to know how we feel as caregivers accompanying them on their journey.”

To clarify her point, she references a conversation she had with Spike Gilbert, a St. Rose chaplain who recently got stuck in an elevator for quite some time. As Spike recounted the story and expressed how uncomfortable he felt being “trapped” in an elevator, their conversation evolved into how the word “trapped” might be

related to the sick or injured patient lying in a hospital bed waiting for test results, pain medications, a call light to be answered or waiting to die.

“Our staff may not have suffered the same illness, injuries or sense of loss as the patients entrusted to them, but they have all experienced forms of pain and suffering,” she says. “Our experiences aren’t just for us, they teach us to recognize and to empathize with the pain of others — and empathy is essential to upholding another person’s dignity.” **WC**

► **Look Through a Different Lens.** Sr. Katie mentions that living in Kenya allowed her to see the world and life through a different lens. What travels have shaped or changed the way you see the world and what you value? What every day experiences or local places help you gain much-needed perspective when dealing with the stress of trying situations?

**“As St. Rose Dominican Hospitals celebrates our 65th year of serving the Las Vegas Valley, we thank our Adrian Dominican Sisters – past and present – for sharing their constant inspiration, support and strength with us and our community.” — Rod A. Davis**

**Allow your soul to speak.** Sr. Vicki continues her ministry while addressing her own life-threatening illness. While serious illness or injury are never welcomed, they can be soul-shaking and soul-evoking experiences that provide a deeper sense of why we are here and what matters most to us. What life events have helped shape your perspective on what’s most important to you? And how, in the absence of dramatic, life-changing occurrences, do you allow your soul to speak and guide your life’s journey?

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SOUTHERN NEVADA WATER AUTHORITY

▶ 80,000

The number of people who suffer stroke each year that results in aphasia.

## Speech therapy

St. Rose provides inpatient and outpatient speech therapy for aphasia that focuses on relearning and practicing language skills as well as using supplementary communication methods and devices. Family members often participate as they are the communication partners of those with aphasia. Call 616-4436 for more information.

## Social events & support

The WomensCare Centers offer social events, seminars and support services for individuals with aphasia (and their families). Check out page 27-28 for more information on happenings during June when the National Aphasia Association visits in Las Vegas.

## Inpatient rehabilitation

St. Rose Dominican Hospitals – Rose de Lima Campus offers inpatient rehabilitation services for patients experiencing loss of function and independence from illnesses or injuries such as stroke, brain injuries, spinal cord injuries or orthopedic disorders. The Inpatient Rehabilitation Facility's physicians, nurses and physical, occupational and speech therapists help patients regain as much function and independence as possible so they can return to their everyday lives.

▶ 1/3

The percentage of people who suffer severe head trauma that experience aphasia.

## ◀ sound insights

FROM OUR EXPERTS



If someone told you they had aphasia, would you understand what they meant?



**If not, you're not alone.** Although more than 1 million people in the U.S. have aphasia, this acquired communication disorder has a low level of public awareness — and unfortunately, people with aphasia can have difficulty verbalizing how the disorder affects them because aphasia impairs a person's ability to process language.

According to St. Rose speech therapist, Bambi Patterson (above), aphasia is caused by injury (e.g., stroke, brain trauma, brain tumors, neurological degeneration) to parts of the brain that control language and may affect how a person speaks, reads, writes or understands what other people say. Many people with aphasia experience partial spontaneous recovery within a few days to a month after brain injury, yet some amount of aphasia typically remains. As such, it is generally recommended that speech-language therapy be initiated early in the recovery process. Recovery can continue for up to two years.

What aphasia doesn't affect — and this is important — is a person's hearing or intelligence, so Bambi suggests the following when communicating with someone who has aphasia:

**Give them ample time to speak.** Resist the urge to finish the person's sentences or find words for them unless they indicate a need for help.

**Speak at a normal level.** Shouting isn't necessary, but reduce competing noise from radios or TVs and maintain eye contact when communicating.

**Allow for "yes" or "no" answers.** Ask questions — or provide a few clear choices — that allow for simple "yes" and "no" answers.

**Use various styles of communication.** Hand gestures, writing, drawing pictures and using communication devices can help facilitate more successful, shared communication. **WC**



▶ **Kristen Kohler** found breastfeeding her newborn, Benjamin, more challenging than with her first two children. With support from St. Rose and the WomensCare Center, it's become a bonding experience for mother and child.

# WELCOME Baby!

St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Centers of Excellence are helping new moms provide their newborns a more natural, nurturing and healthy welcome to our world.



**The birth of a baby** is a miracle that neither begins nor ends when a baby emerges from its mother's womb. In fact, one of the most miraculous aspects of the birthing process is a newborn's instinct to bond with its mother and begin breastfeeding within its first hour of life.

St. Rose Dominican Hospitals is doing its utmost to safeguard this sacred time between mother and child by committing to the 10 steps required to earn its designation as a Baby-Friendly Hospital from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

"The standard of care in our country calls on us to wash, weigh and test babies, so in busy hospitals, they are frequently whisked away from their mother just minutes after being born," says Nicolette Harridge, a St. Rose nurse helping lead the Baby-Friendly Hospital initiative. "By the time a baby is finally placed back into its mother's arms, it is most likely dressed and wrapped snugly in a receiving blanket. It's what we consider completely normal even though it is not necessarily the most natural, nurturing or healthy beginning for a baby."

#### Doing What's Best for Baby

According to Nicolette, two of the most vital Baby-Friendly Hospital steps are 1) encouraging an extended period of skin-to-skin contact between mother and child, and 2) initiating breastfeeding within the miraculous first hour of life (if a mother chooses to do so).

If committing to these two steps doesn't sound like a major advancement on St. Rose's part, consider the fact that less than 50 percent of our country's hospitals do – which is one of the reasons why the American Academy of Pediatrics (AAP) recently re-released its report stating that breast milk is the perfect nutrition for babies along with its recommendation that babies be exclusively breastfed for the first six months of life. The AAP report also states that breastfeeding should be viewed as a public health issue and reinforces the many benefits it provides both mother and child.

"We still wash, weigh and test our babies,"

says Nicolette. "But it's a gentler experience – most of which takes place right where baby wants to be – next to mother's skin."

#### What About What Mom Wants?

Baby-Friendly Hospital guidelines are quite specific about how to facilitate early, successful breastfeeding between mother and child, yet they do not overlook the wishes of new mothers and fathers. "We realize that not every mother will choose to breastfeed, and we do respect a mother's right to choose," says Nicolette. "But if she chooses not to, it shouldn't be because we bottled fed her baby or failed to offer her the education and assistance she needs to be confident in her ability to initiate and continue breastfeeding."

And that is an interesting point to ponder. Although surveys indicate that more than 80 percent of expectant mothers express a desire to breastfeed their babies, a significant number of hospitals give formula or water to babies within their first two days of life even when there is no medical reason to supplement their nutrition.

"It's no wonder that half of new mothers have given their baby formula by the time they are a week old," says Nicolette. "Many times, hospitals resort to formula and pacifiers to help an anxious parent calm a crying baby."

That's why, she says, initiating skin-to-skin contact between a mother and her newborn (and later father and the newborn) is brilliant. "When a parent and baby are brought together skin-to-skin with a light blanket over both of them, there is warmth, relaxation and bonding that can often sooth a baby and a nervous new parent," says Nicole. "It promotes breastfeeding and is a natural, nurturing tool that can become a healthy routine even if a mother does not breastfeed her baby."

#### Why Did Breastfeeding Fall out of Fashion?

As St. Rose has worked to complete each step in becoming a Baby-Friendly Hospital, Sallie Johnson, another nurse helping lead St. Rose's efforts, has found that she has lots of explaining to do. Some of the questions she receives are positive, some aren't, but a frequent question she hears is, "Why

did breastfeeding fall out of fashion in the United States?"

Sallie doesn't know all the answers, but she offers some insights. "If you look back five or six decades, there was a major shift in American culture as formula manufacturers began touting formula as complete nutrition for babies and a convenient alternative to breastfeeding for mothers who worked outside the home," she says. "There was even a time when women who formula fed were considered the 'haves' and those who breastfed were considered the 'have nots.'"

As formula feeding babies grew in popularity, a "what's good for the goose is good for the gander" philosophy developed, and the practice of formula feeding infants was often passed from one generation to the next. So it became common practice to "gift" new mothers with formula and pacifiers. Some hospitals continue to provide these "gifts," says Sallie, which sends a mixed message about whether or not breastfeeding is important.

While breastfeeding habits changed,

**"A new mother's ability to successfully begin and continue breastfeeding is influenced by the experiences she has and how much support she receives during the first hours and days after birth." – Sallie Johnson, RN**



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the level of care nurses provide has also significantly changed, says Sallie. “With the dramatic increase in C-sections and rapid advancements in neonatal care, nurses are asked to provide highly-skilled post surgical care to moms and critical care to much younger and sicker babies.”

Many other factors have likely influenced breastfeeding practices in our country, but Sallie is sure of the end result. “There are 20,000 Baby-Friendly Hospitals around the world, but only 145 hospitals or birthing centers that have earned this designation in the United States,” she says.

### Changing Hospital Culture

Becoming a Baby-Friendly Hospital requires more than making a few small changes or using baby friendly terms in marketing materials. It requires a step-by-step commitment by the hospital to change its culture, according to Suzie Owens, an International Board Certified Lactation Consultant (IBCLC) who works exclusively in the hospital’s neonatal intensive care unit (NICU). “As Sallie mentioned, our nurses are busy caring for moms who have had C-sections and premature babies, so one of our first steps involved devoting more time to educating expectant parents on the benefits of breastfeeding during Prepared Child Birth classes offered at our WomensCare Centers,” says Suzie.

Expectant moms are also familiarized with the many support services the WomensCare Centers offer once they take baby home, which include: a breastfeeding support “warm” line, one-on-one breastfeeding consultations with a certified breastfeeding counselor or consultant (the Centers employ 30) and Mommy & Me groups that foster a support system for new mothers. The WomensCare Centers also carry a full line of breast pumps that can be purchased or rented, including models specifically designed for mothers who return to work and hospital-grade breast pumps for mothers whose babies are hospitalized for an extended period of time.

Another step involves having healthy babies “room in” with mom while they are

in the hospital, which improves the success rate of early and continuous breastfeeding. New moms are also visited by one of 15 hospital-based lactation consultants or counselors within 12 hours after the delivery of their baby if they want breastfeeding support. These staff members are available seven days a week.

A final, crucial step is meeting the Baby-Friendly Hospitals’ requirement that all of St. Rose’s physicians, lactation specialists and labor and delivery nurses receive 20 hours of breastfeeding training and three hours of on-the-floor observation.

“Training a staff of 160 nurses was a significant undertaking considering the varying levels of experience and comfort our staff had with assisting new moms and babies in breastfeeding,” says Suzie. “There was some excitement, some fear, some resistance and a bit of flack – but we were prepared.”

During one of the initial trainings, nurses were shown a video that captures the miracle that happens during the first hour of life when a newborn is placed skin-to-skin on its mother’s chest and nature is allowed to take its course.

The video is quiet and slow – but riveting. Within a few minutes, the baby who was nestled up high on its mother’s warm, bare chest, wiggles its way to her breast. The baby is guided by a comforting scent – similar to that of amniotic fluid – that is secreted from its mother’s nipples. As baby gets close to her nipple, its mouth bubbles with saliva and then it opens its mouth wide and latches on to her breast.

As the baby begins to breastfeed, the fear and resistance felt in the room begins to melt away, sometimes in the form of tears.

“This is big,” says Suzie. “Southern Nevada is routinely listed at or near the bottom of national health rankings. We are raising the bar by helping families give their newborns the best shot at healthy beginnings.” **WC**

**“Practicing skin-to-skin is not just recommended for mom and baby. Fathers are also encouraged to hold their babies skin-to-skin to promote early bonding and to aid in calming.”**

— Nicolette Harridge, RN

► Nurses Nicolette Harridge and Sallie Johnson, along with Suzie Owens (IBCLC), lead St. Rose’s efforts to become a Baby-Friendly Hospital committed to helping give mothers and newborns early, successful opportunities to bond.



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**Brush up on your oral  
hygiene knowledge**

If you've been brushing your teeth for more than a decade, you may feel confident in your oral hygiene routine. Did you know that it might help to alter the way you brush your teeth from time to time?

“If you always begin brushing at the same spot in your mouth, you may become less careful and effective in your technique by the time you get to the other side of your mouth,” says Dr. Patrick Simone, DDS. “Changing your routine may help you clean your teeth more thoroughly.”

Dr. Simone notes that a thorough cleaning doesn't require brushing your teeth vigorously, which can cause unnecessary wear and tear on your gums and tooth surfaces. “I recommend brushing gently with a soft bristle toothbrush or using an electric toothbrush and letting it do the work.”

Were you also aware that it may not be the best idea to brush right after every meal? “The acids and sugars in foods and beverages temporarily soften the protective enamel on your teeth,” says Dr. Simone. “If you clean them right after a meal, you are actually brushing the enamel before it has the opportunity to harden again.” He recommends waiting a half hour after eating to brush your teeth.

# How Does Your Garden Grow?

**Healthy eating habits start early.** That's the message young children and parents hear while tending to and tasting herbs and vegetables in the Family to Family Connection's Learn & Grow Garden.

**Whether you pick them from the garden, grocery store or farmer's market, bring fresh fruits and vegetables to the table to benefit the health of your entire family.**



▶ **Veggie Tales! at the Learn & Grow Garden**

Bring your toddlers (ages 2 to 4) to learn about growing fresh vegetables from our Master Gardener, Nancy Thomas. Take home seedlings for every toddler.

**Thursdays – May 10 or May 24; 10-11 a.m.**  
FTF

▶ **Savvy Shopping! with a Registered Dietician (WIC clients)**

Join St. Rose registered dietician, Vanessa Borja, at Smith's grocery store to learn healthy shopping habits using the WIC food package program.

**3rd Thursday – May 17, June 21, July 19; 11:30 a.m.-12:30 p.m.**  
HEND WIC: Call 616-4905 to register.

“Engaging families in gardening emphasizes the link between plants, nutritious and delicious foods and good health,” says Tawanda McIntosh (above with Damian), an educator at Family to Family Connection.

The Learn & Grow Garden gives children the opportunity to dig in the dirt, plant seeds, nurture plants, harvest herbs and vegetables — and ultimately enjoy the fruits of their labor. “Children who garden discover that herbs and vegetables are something they ‘get to enjoy’ rather than ‘have to eat,’” says Tawanda. “By establishing a love of fresh, healthy food at a young age, children are more likely to continue eating foods like peas, green beans and zucchini whether they come from a garden, a grocery store or a hot lunch program.”

**5 more reasons to get kids into gardening:**

1. Children who routinely eat fresh fruits and vegetables are less likely to be overweight or obese.
2. Gardening teaches children to be good stewards of the environment from an early age.
3. Gardening teaches children about self-sufficiency and caring for other living things.
4. Gardening provides children hands on learning opportunities that can't be replicated in a classroom.
5. Children who spend time outdoors in green spaces have reduced symptoms of Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD). **WIC**

**Gardening questions answered by green thumbs.**

St. Rose's Learn & Grow Garden was developed by Nancy Thomas with the University of Nevada Cooperative Extension's (UNCE) Master Gardener Program. If you have questions on how to make your garden grow, call the UNCE helpline at 257-5555 or visit [www.unce.unr.edu](http://www.unce.unr.edu) and fill out a question form and a master gardener will respond with helpful tips, insights and answers.

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# Which is more difficult to say?

A. Transcatheter Aortic Valve Replacement,  
or  
B. Inoperable

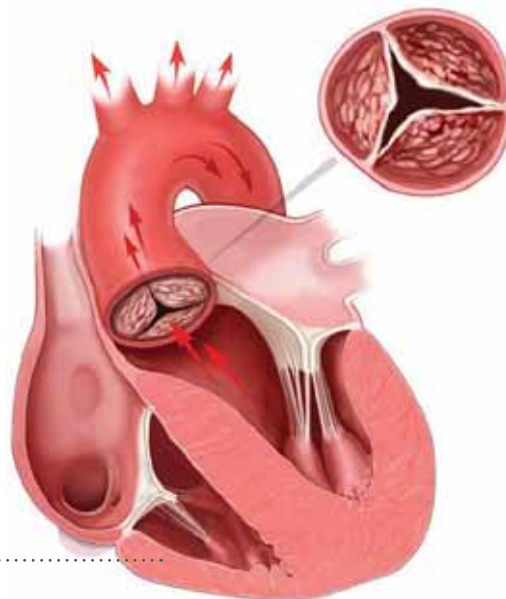
## Questions & Answers

### What is aortic stenosis?

About 1.5 million people in the U.S. suffer from aortic stenosis, which occurs when the aortic valve becomes narrowed or partially obstructed making the heart work harder to pump blood into the aorta and on to the rest of the body.

Symptoms typically include: shortness of breath, feeling faint and/or fatigued especially with exertion, chest pain (angina) or tightness, heart palpitations or heart murmur. Severe aortic stenosis can cause damage so severe that the valve's flaps can hardly open to pump blood.

▶ **The aortic valve controls** flow of oxygen-rich blood from the left ventricle to the body. If it becomes narrowed or partially obstructed due to aortic stenosis, the heart has to work much harder.



Ask any cardiac specialist this question and they will answer “B” because until recently, “inoperable” was the diagnosis they often had to give patients with severe aortic stenosis (AS) who were not well enough to undergo open-heart valve replacement surgery.

But that’s changed. Late last year, the FDA approved Transcatheter Aortic Valve Replacement (TAVR), a breakthrough procedure that allows cardiac specialists to improve the health and extend the lives of patients with severe, inoperable AS.

TAVR allows cardiac specialists to deliver and place a new aortic valve through a non-invasive procedure that doesn’t

require cutting through the sternum or stopping the patient’s heart. The procedure builds upon the proven techniques of the common, non-surgical stent procedure.

To perform the TAVR procedure, a wire-mesh replacement valve is inserted into a catheter and threaded from an artery in the groin all the way to the patient’s heart. Once it’s delivered to the site of the patient’s diseased valve, the device is expanded with a balloon and begins to work instantly. Patients typically find that their breathing, energy level and well being improve immediately. **W.C.**

**For more information on the TAVR procedure, visit [strosehospitals.org/cardiac](http://strosehospitals.org/cardiac).**

### St. Rose hybrid surgery suite

“If it’s not one thing, it’s another.” This idiom often holds true when it comes to health issues. A patient with heart problems, for instance, may have a clogged artery that can be treated through non-invasive, cardiac catheterization plus a faulty aortic valve that requires open heart surgery.

Treatment for these different procedures traditionally has taken place in two different settings. The non-invasive angioplasty or stent placement took place in a cardiac catheterization lab, then the patient was moved – or rescheduled to come back at another time – to an operating room for minimally invasive or open heart procedures.

The new “hybrid” surgery suite at the Siena Campus allows the dual efficiency and benefits of a cath lab and an operating room for patients who require multiple procedures.



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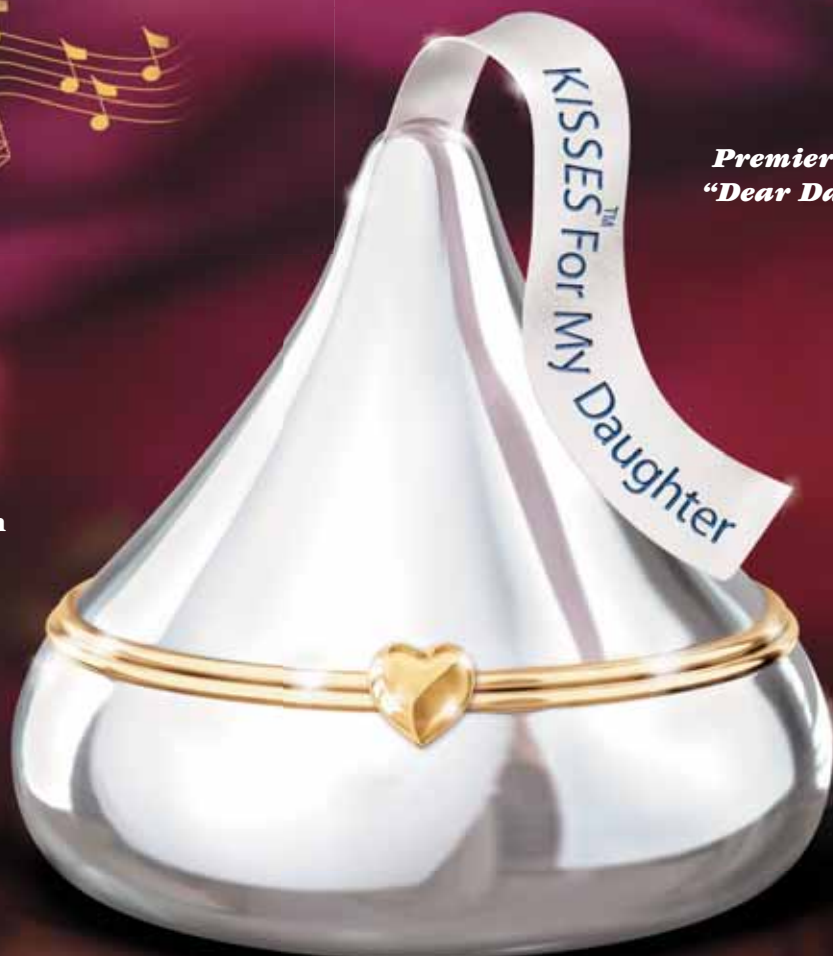
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See *Girl Talk*, pg. 25

**Director:** Holly Lyman

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## 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
- WEST WIC** - WIC, Las Vegas

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## ► health & wellness

### Unleash Your Heart's Desire

Discover balance, harmony and self-love by awakening and unleashing your heart's desire. Create a Sacred Contract to lead you through life. Bring a journal and pen!  
**Thursday, June 28; 6-8 p.m.**  
 HEND

### Labyrinth Meditation – Welcome Summer!

Join us as we celebrate the onset of summer with a labyrinth walk.  
**Wednesday, June 20; 6:30-7:30 p.m.**  
 SAN-Labyrinth Garden next to ER. Enjoy the Labyrinth for reflection, prayer or celebrating milestones. Open 24 hours/7 days per week.

### Healing with Rhythm Drum Circle

Bring a healthy food item to share.  
**1st Friday – May 4, June 1, July 6; 6:30-8 p.m.**  
 HEND

### Relaxation Meditations

Practice techniques for peace and health.  
**2nd Tuesday – May 8, June 12, July 10; 5:30-6:30 p.m.**  
 HEND  
**1st Tuesday – May 1, June 5, July 3-CXLD; 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 – May 8, June 12, July 10; 6-8:30 p.m.**  
 WEST: \$5

### Senior Peer Counseling

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

### Medicare ABCDs

Decipher Medicare's maze to maximize your benefits.  
**Tuesdays – May 8, June 12 or July 10; 9-10 a.m.**  
 HEND  
**Thursdays – May 10, June 14 or July 12; 9-10 a.m.**  
 WEST

### Tea & Talk Book Club

Call 616-4900 for monthly book titles.  
**3rd Thursday – May 17, June 21, July 19; 2:30-3:30 p.m.**  
 HEND

### Essential Oils – A Happier, Healthier YOU

Sniff your way to better health and explore new ways to incorporate essential oils into daily use.  
**Wednesday, June 27; 6-7 p.m.**  
 HEND

### Girl Talk

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

### Life Stories Workshop

Reminisce, review and write your life's journey by creating an autobiographical keepsake.  
**Tuesdays – May 22, 29, June 5 & 12; 1:30-3 p.m.**  
 WEST

### Knit To Heal

Knit prayer shawls for patients (or pick one up for a sick loved one). Yarn donations welcomed!  
**Learn to knit or crochet: 2nd & 4th Thursdays – May 10 & 24, June 14 & 28, July 12 & 26; 10:30 a.m.-noon**  
 HEND  
**2nd & 4th Thursdays – May 10 & 24, June 14 & 28, July 12 & 26; 1-3 p.m.**  
 WEST

### Help Helping Hands of Henderson!

Needed: Volunteers to drive seniors to doctor's appointments and on errands.  
**Call 616-6554 if you can help.**

## Women, Genetics & Cancer

Join breast surgeon, Dr. Anne O'Neill for a National Women's Health Week lecture about the links between breast and ovarian cancer, your family history and genetics.

**Thursday, May 17; 6-7 p.m.**

SAN

# spring calendar

OF CLASSES AND UPCOMING EVENTS

## Race for the Cure

Run, walk or donate to Susan G. Komen Southern Nevada Race for the Cure®. Proceeds fund local breast cancer programs and global research. Get details and register online at [komensouthernnevada.org](http://komensouthernnevada.org). Can't attend? Sign up to *Sleep In for the Cure* (until May 31).

**Saturday, May 5; 8 a.m.**  
FREMONT STREET EXPERIENCE



## ► 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.  
**Mondays & Wednesdays – 10:30-11:30 a.m. with Janice**  
HEND: \$5 per session or 5 sessions for \$20

### Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga and movement techniques that target 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.  
**Tuesdays & Thursdays – 10-11 a.m. with Jeannine**  
HEND: FREE  
**Mondays & Wednesdays – 9-10 a.m. with Christine & Sharon**  
WEST: \$5 per session or 5 sessions for \$20

### Beginner's Yoga

Learn important alignment and foundation concepts.  
**Mondays – 5:30-6:30 p.m. with Dorothy**  
HEND: \$5 per session or 5 sessions for \$20

### Vinyasa Flow Yoga - Beyond the Basics

Breathe and move through yoga postures to build strength, balance and flexibility.  
**Saturdays – 11 a.m.-noon with Dorothy**  
HEND: FREE  
**Tuesdays – 6-7 p.m. with Jen**  
**Fridays – 9-10 a.m. with Jen**  
**Saturdays – 9-10 a.m. with Jen (FREE)**  
WEST: \$5 per session or 5 sessions for \$20

### Tai Chi

Join Stella Huang to learn the Chinese martial art that improves relaxation and 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 Fitness

**Saturdays – 8-9 a.m. and 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

Practice breathing, stretching, muscle and balance strengthening with fun, simple seated movements.  
**Mondays – 9-10 a.m. with Paige (beginning June 4)**  
HEND: FREE  
**Tuesdays – 10-11 a.m. with Lynn**  
WEST: FREE

### Belly Dancing

**2nd Saturday – May 12, June 9, July 14; 10:30 a.m.-noon with Goldie**  
WEST: FREE

## ► nutrition

### Weight Management Club

Free weekly group help with weight management goals. Facilitated by St. Rose Registered Dietitians.  
**Fridays – 9:30-10:30 a.m.**  
HEND

### Celiac Support Group

**Thursday, May 17; 6-7 p.m. - Celiac Disease Against the Grain**  
**Thursday, June 21; 6-7 p.m. - Cooking Demo with Vanessa Borja, RD**  
**Thursday, July 19; 6-7 p.m. - Q&A**  
HEND

### 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 are welcome and cash discounts are available.  
**Call 616-6545 for an appointment and pricing.**

### Food for Mood

Change your mood with the foods you eat!  
**Tuesday, July 24; 6-7 p.m.**  
HEND

### Managing Your Weight after Weight Loss Surgery

Dr. Dominic Riccardi addresses post-operative struggles with weight and emotions.  
**Wednesday, May 30; 6-7:30 p.m.**  
WEST

### Carbs. The New Evil?

Dr. Dominic Riccardi addresses the good, bad and ugly of how carbohydrates affect your body, metabolism and appetite.  
**Wednesday, July 18; 6-7:30 p.m.**  
WEST

### DASH Away From Hypertension

Learn the USDA's Dietary Approaches to Stop Hypertension to lower blood pressure.  
**Wednesday, June 27; 2-4 p.m.**  
HEND

### Cardiac Nutrition

Learn how to eat for your heart's health from Sharon Nasser, R.D.  
**Wednesday, June 13; 10-11:30 a.m.**  
HEND  
**Tuesday, July 10; 10-11:30 a.m.**  
WEST

### Assertiveness and Your Health

Join Dr. Lindsey Riccardi to learn assertiveness skills for emotional and physical well being.  
**Wednesday, June 20; 6-7:30 p.m.**  
WEST

## ► screenings

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

### FIT Colon Test

Age 50 or better? Take home a Colorectal Cancer F.I.T. (fecal immunochemical test) Screening Kit, return your sample to the WomensCare Center and receive your test results by mail.  
HEND; WEST: \$15

### Blood Pressure Screenings

**Tuesday, June 26; 7-10 a.m.**  
HEND: FREE  
**Tuesday, July 24; 7-10 a.m.**  
WEST: FREE

### Peripheral Artery Disease Screening (PAD)

Do you have any signs or symptoms of PAD? The St. Rose Imaging Department can screen you.  
**Thursday, May 17; 8 a.m.-noon**  
HEND, Rehab Suite 140: FREE. Call 616-4900 for appointment.

CALL 616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

**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, June 26; 7-10 a.m.**  
 HEND: Listed above. Call 616-4900 for appointment  
**Tuesday, July 24; 7-10 a.m.**  
 WEST: Listed above. Call 616-4900 for appointment

**How High Is Your CO?**

Smoke or around those that do? Carbon monoxide screening measures the concentration of CO on the breath.  
**Wednesday, June 20; 1-3 p.m.**  
 HEND: FREE. Call 616-4900 for appointment

**FREE! Do You See What I See?**

Join The Shepherd Eye Center for an eye screening. Check your current prescription; learn about glaucoma and other eye ailments.  
**Wednesday, June 6; 10 a.m.-noon**  
 HEND: FREE. Call 616-4900 for appointment  
**Wednesday, July 18; 10 a.m.-noon**  
 WEST: FREE. Call 616-4900 for appointment

**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, the Rose Regatta and the Avon Foundation.

▶ **integrative medicine**

**Reiki Healing Circle**

Experience Reiki energy through a healing circle.  
**1st Thursdays – May 3, June 7, July 5; 1:30-2:45 p.m. with Freddie**  
 HEND  
**1st Tuesdays – May 1, June 5, July 3-CXLD; 7-8 p.m. with Freddie**  
 WEST

**Reiki Healing Consultations**

Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes. Call 616-4900 for appointment.  
**Tuesdays – May 8, June 12, July 10; 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**

Evening appointments available (6 p.m. on weekdays) for 30 or 60 minutes with Sarah Wagner. Call 270-6313 or email [sarah@baresoles.us](mailto:sarah@baresoles.us) to schedule an appointment.  
 HEND: \$30-30 mins.; \$60-60 mins.  
 WEST: \$30-30 mins.; \$60-60 mins.

**Lay Down and Lose Weight with Hypnosis**

Relax and open your mind to positive intentions and affirmations for weight loss. Bring your pillow.  
**Thursday, May 24; 6-8 p.m.**  
 HEND: \$25 (includes CD)  
**Wednesday, June 13; 6-8 p.m.**  
 WEST: \$25 (includes CD)

▶ **smoking cessation**

**Freedom from Smoking**

Kick the habit with group support in this seven-week American Lung Association interactive smoking cessation program.  
**Tuesdays – May 22, 29, June 5, 12, 19, 26, July 3 & Thursday, June 14; 5:30-7 p.m.**  
 SAN: FREE

**Relax and Stop Smoking with Hypnosis**

Use guided relaxation and positive affirmations to become smoke free! Bring your pillow.  
**Wednesday, June 6; 6-8 p.m.**  
 HEND: \$25 (includes CD)  
**Wednesday, July 11; 6-8 p.m.**  
 WEST: \$25 (includes CD)

**Nevada Tobacco Users Helpline**

**1-800-QUIT-NOW** (1-800-784-8669) or [livingtobaccofree.com](http://livingtobaccofree.com)  
 When you are ready to stop smoking, a professional counselor will help you develop a plan based on your addiction and other factors.

▶ **health conditions**

**Diabetes Self-Management Program**

Support and self-management techniques for type II diabetes. A six week program developed by the Stanford School of Medicine to complement your current medical treatment.  
**Fridays – June 1 through July 6; 2-4:30 p.m.**  
 HEND: FREE

**Diabetes Awareness Treatment & Education**

A comprehensive diabetes class accredited by the American Diabetes Association. All insurance welcome and cash discounts are available. Call 616-6545 for pricing and registration.  
**Tuesday & Wednesday – May 8 & 9, June 12 & 13 or July 10 & 11; 9 a.m.-1:30 p.m.**  
**Tuesday & Wednesday – May 22 & 23, June 26 & 27 or July 24 & 25; 5-9:30 p.m.**  
 HH

**Pre-diabetes – Avoid the Avoidable**

If you have “borderline” or “pre” diabetes, join St. Rose Diabetes Educators to learn to avoid and/or delay the onset of diabetes.  
**Wednesday, May 30; 10 a.m.-noon**  
 HH

**Healthy Aging: Up2Me**

Regain life control while living with a chronic condition through goal setting, overcoming barriers, practical exercises and relaxation techniques with the six-week Stanford Chronic Disease Self-Management Program.  
**Mondays – July 16 through August 20; 1:30-4 p.m.**  
 WEST: FREE

**CHAMP**

Congestive Heart Active Management Program for St. Rose patients.  
**Call 616-4914 for more information and to enroll.**

**Speaking Out! Aphasia Conference**

Join National Aphasia Association for a free conference on the latest aphasia research, local programs and the use of technology and strategies for living successfully with aphasia. Stroke survivors and families welcome. Seating is limited. Call 616-4910 or email [stacey.gross@dignityhealth.org](mailto:stacey.gross@dignityhealth.org) to register.  
**Friday, June 29; 9 a.m.-4 p.m.**  
 SAN: FREE (lunch included)

**Dinner with a Doc** .....

Learn the latest medical advances and enjoy a free dinner. Call 616-4900 to register.

**ABCs of PAD with Dr. Chandra Narala**

What are the risk factors, signs, symptoms and treatment options for Peripheral Arterial Disease?  
**Tuesday, June 19; 6-7 p.m.**  
 RDL: FREE

**Inflammation & Heart Disease with Dr. Herb Cordero**

Learn how arterial inflammation increases the risk of heart attacks, plus what causes inflammation and how to prevent it will be discussed.  
**Thursday, June 28; 6-7 p.m.**  
 MAC: FREE

**Tech Talk with a Stroke Doc**

Meet our RP7 telemedicine robot and learn about stroke care innovations from neurologist, Dr. Stephen Raps.  
**Thursday, July 12; 6-7 p.m.**  
 SAN: FREE

# spring calendar

OF CLASSES AND UPCOMING EVENTS



## Aphasia Goes to the Movies

Join us for snacks and two aphasia documentary screenings on heartwarming stories about the struggles and triumphs of living with aphasia. Enjoyable and enlightening! Seating is limited. Call 616-4910 or email [stacey.gross@dignityhealth.org](mailto:stacey.gross@dignityhealth.org) to register.

**Friday, June 29; 4-6:30 p.m. or 7-8:30 p.m.**

SAN

## Stroke Club @ St. Rose

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

**Thursday, May 24; 6-7 p.m. – Senior Peer Counseling**

MAC

**Thursday, June 28; 6-7 p.m. – Aphasia - Ellayne**

**Ganzfried, National Aphasia Association**

SAN

**Thursday, July 26; 6-7 p.m. – Stroke Advocacy - Chris**

**Roller, American Heart & Stroke Assoc.**

MAC

## Lower Cholesterol with TLC (therapeutic lifestyle changes)

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

**Thursday, June 7; 1-4 p.m.**

HEND

## Alzheimer's Association Lecture

With Christine Terry.

**Thursday, June 28; 2-4:30 p.m. – Legal and Financial**

**Planning for Alzheimer's.**

HEND

## Better Breathers Club

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

**2nd Tuesday – May 8, June 12, July 10; 2-3 p.m.**

Paragon Healthcare (1655 W. Horizon Ridge, Ste. 100)

**3rd Wednesday – May 16, June 20, July 18; 10-11 a.m.**

Vital Care, 813 Arizona St., Boulder City

## Cancer Quality of Life Center

Cancer patients, visit our ACS center for wigs, hats, turbans and support.

**Call 616-4910 for appointment.**

WEST: FREE

## Breast Cancer Prosthesis & Bra Fittings

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

## Farmer's Market

**Thursdays – 9 a.m.–4 p.m.**

Events Plaza, 240 Water Street, Downtown Henderson

**Fridays – 10 a.m.–4 p.m.**

Henderson Pavilion, 200 S. Green Valley Pkwy., Henderson

**Saturdays – 8 a.m.–1 p.m.**

Tivoli Village, 302 S. Rampart Blvd., Las Vegas

**Sundays – 8:30 a.m.–1 p.m.**

Sansone Park Place, 9480 S. Eastern Ave., Las Vegas

## ► safety & injury prevention

### Falls Management & Mobility Clinic

Have you or someone you love...fallen in the last six months? Been injured in a fall? Become fearful of falling? Are you or they 65 or older? Please call 777-1831.

**2nd & 4th Wednesdays – 1-5 p.m.**

Touro University, 874 American Pacific Dr.

### Heartsaver CPR/AED

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

**Wednesday, May 30; 5-9 p.m.**

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

**Saturday, June 30; 10 a.m.-2 p.m.**

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

**Tuesday, July 31; 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, May 5; 10 a.m.-2 p.m.**

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

**Wednesday, June 20; 5-9 p.m.**

**Saturday, July 21; 10 a.m.-2 p.m.**

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

### Worksite CPR & First Aid Classes

Group AHA CPR, AED & First Aid classes offered at your place of employment. Meets OSHA and other job requirements for schools and daycare facilities for a two-year certification.

**Call 616-4914 for group on-site training fees and scheduling.**

### AARP Driver Safety Program

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

**Mondays – May 7 or June 4; 9:00 a.m.-1:00 p.m.**

**Fridays – May 25, June 29 or July 20; 1-5 p.m.**

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

### Safe Sitter

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

**Monday, June 18 or July 23; 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 Department.

**Saturday, July 21; 10 a.m.-2 p.m.**

**Call 616-4910 to register**

## ► programas en español

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

### R.E.D. Rose

No tiene seguro médico o su seguro médico no cubre mamogramas y tiene 49 años o menos el programa de RED Rose le podría ayudar.

**Para más información llamar al 616-7525.**

### WIC

Alimentos saludables, consejos en nutrición y lactancia para mujeres embarazadas y niños de 0 a 5 años.

**Llama al 616-4905.**

**Para obtener informacion sobre las clases y recursos en espanol, por favor llame a 616-4915.**

## ► breastfeeding

### Breastfeeding Helpline 616-4908

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

CALL 616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

**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 or any new mother looking for sisterhood.  
**3rd Saturday – May 19, June 16, July 21; 3-4 p.m.**  
HEND

**New Mommy Mixer**

**Mondays – 11 a.m.-noon**  
FTF  
**Wednesdays – 11 a.m.-noon**  
WEST  
**Fridays – 11 a.m.-noon**  
HEND  
**Saturdays – 2-3 p.m.**  
HEND

**La Leche League**

Join other nursing mothers for information, support and encouragement.  
**4th Thursday- May 24, June 28, July 26; 10-11 a.m.**  
FTF

▶ *pregnancy & childbirth*

**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

**Natural Family Planning**

Learn natural ways to achieve or avoid pregnancy with Mickey Bachman, RN, certified fertility care specialist.  
**Wednesday, May 16; 6:30-8:30 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.  
HENDWIC; WESTWIC; FTFWIC (services now extended to – Family to Family in Henderson, 102 E. Lake Mead Pkwy).

**Learn and Grow Garden**

Bring toddlers (2-4 years) to the Family to Family garden to learn about growing vegetables.  
**Thursdays – May 10 or May 24; 10-11 a.m.**  
FTF

**Support Groups**

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

**AA for Women** - Mondays, 7:30 p.m. & Wednesdays, Noon **HEND**, Mondays, Noon **WEST**  
**AA Co-ed** - 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 & 3rd Wednesdays, 2:30 p.m., Black Mountain Grill  
**Bereavement Support Group** - 2nd & 4th Wednesdays, 6 p.m. **HEND**  
**Breast Cancer Support** - 2nd & 4th Mondays, 6 p.m. **HEND**  
**Celiac Support** - 3rd Thursday, 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**  
**Pediatric Epilepsy Support Group** - 2nd Monday, 6 p.m. **MAC**  
**Senior Peer Counseling** - Call 616-4900. **HEND, WEST**  
**Stroke Club @ St. Rose** - 4th Thursday, 6 p.m. **MAC**  
**Surviving Suicide** - Bereavement support group for adults 1st & 3rd Tuesdays, 6:30 p.m. **HEND**  
**Transitions** - 1st & 3rd Tuesday, 11 a.m. **HEND**  
**Widows Support** - 1st & 3rd Tuesdays, 2 p.m. **HEND**

**Asthma Kids Club**

School's out and surf's up! Is your family ready to manage asthma symptoms this summer? Hula over to the Asthma Kids Club's **Breathe to the Beat Luau** to get tools to help your kids breathe easier in the heat! Call 616-4900 to register.

- Asthma screening, lung testing, free spacers and peak flow meters
- Conversations with Dr. Sean McKnight and Dr. Craig Nakamura
- Lung health exhibits and fun games
- Medication checks with a St. Rose pharmacist
- Breathing with bubbles activity and tropical snacks!

**Saturday, May 19; 10 a.m.-1 p.m.**  
MAC



# spring calendar

OF CLASSES AND UPCOMING EVENTS

## Shopping with the Registered Dietitian

Join us at Smith's grocery store to learn about the WIC food package and how to make healthy, affordable food choices.

**3rd Thursday – May 17, June 14, July 19; 11:30 a.m.-12:30 p.m.**  
HENDWIC: Call 616-4905 to register.

## Cooking Demos with WIC Approved Foods

Learn from a registered dietitian how to use WIC approved foods to cook healthy meals.

**3rd Fridays – May 18, June 15, July 20; Noon-1 p.m.**  
HENDWIC: Call 616-4905 to register.

## FREE WIC Immunization Clinic

Free shots for infants and children offered during WIC appointments. Sponsored by SNIHC. Bring your child's shot records.

**Thursday, June 21; 9 a.m.-noon**

HENDWIC: Call 616-4905 to register.



## Ongoing Family Education Classes

Register at [strosehospitals.org](http://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

Grandparents Baby Basics - \$30 - HEND

Breastfeeding - \$30 - HEND & WEST

Infant CPR - \$20 - HEND & WEST

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

Prenatal Yoga - \$3 per session

Mommy & Baby Yoga - \$3 per session

Pregnancy Smoking Cessation - Call the Nevada Tobacco Users Helpline, 877-0684

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

San Martin Campus Maternity Tour - 3rd Saturday

Call 616-4901 to register for tours.

## Dancing with Miss Jenny®

Join Miss Jenny for dancing that helps kids develop cognitive, gross and fine motor skills. Parents and children (ages 18 mos.-5 years). Call 616-4900 to register.

**Thursdays – 11-11:30 a.m. (18 months-4 years)**

**Thursdays – Noon-12:30 p.m. (18 months-4 years)**

HEND: FREE

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

WEST: FREE

**Fridays – 11:30 a.m.-Noon (18 months-4 years)**

FTF: FREE

## Car Seat Safety Checks

Call 616-4901 or 568-9601 for appointments.

**Fridays – May 4, 18, June 1, 15, July 13, 27; 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

## Infant Development Playgroup

Join Family to Family for a growth and development playgroup for babies up to age 1.

**Mondays – 2-3 p.m.**

HEND

## Sing and Sign: Food Time

Sign language fun with Miss Shannon. Learn ASL Signs for healthy foods using songs, books and toys. Parents with babies birth-2 years.

**Tuesdays – 2-2:30 p.m.**

HEND: FREE

## 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

## Wee Can Sign: Baby Sign Language Level I

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

**Fridays – May 11, 18, 25 & June 1; 10:30-11:30 a.m.**

**Fridays – July 6, 13, 20, 27; 10:30-11:30 a.m.**

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

**Saturdays – June 2, 9, 16, 23; 12:30-1:30 p.m.**

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

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

**Saturdays – July 7, 14, 21, 28; 12:30-1:30 p.m.**

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

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

## Sing and Sign: Baby Sign Language Level II

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

**Thursdays – May 10, 17, 24, 31; 11:30 a.m.-12:30 p.m.**

**Saturdays – June 2, 9, 16, 23; 2-3 p.m.**

**Saturdays – July 7, 14, 21, 28; 2-3 p.m.**

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

**Fridays – June 8, 15, 22, 29; 10:30-11:30 a.m.**

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

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

## Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete your application. Call 616-4905 for appointment.

**Saturdays – 8 a.m.-noon**

HEND WIC

## Storks Nest Prenatal Program

Enjoy prenatal discussion groups while earning points toward incentives by participating in healthy prenatal activities and classes.

**3rd Saturdays – May 19, June 16, July 21; 1-3 p.m.**

FTF

## Happiest Baby on the Block

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

**Friday, June 8; 10-11 a.m.**

FTF

## Love & Logic: Early Childhood Made Fun!

Learn practical skills for handling frustrating concerns for parents of children birth to age 6.

**Thursdays, June 7, 14, 21, 28 and July 12; 4-6 p.m.**

FTF: \$40 per family (scholarships available, call for details)

## Nevada Check-Up Enrollment Assistance

Is your child without health insurance? Get assistance completing an application for NV Check-Up insurance program for children.

**2nd Tuesdays – May 8, June 12, July 10; 9-11 a.m.**

FTF

## Kickin' It with Baby – Teen Parent Program

Teen mamas and mamas-to-be, join us for dinner, sharing and education. Earn Baby Boutique bucks.

FTF: Call 568-9601 for dates.

## Toddlers in the Kitchen

Get your toddler engaged in healthy eating – from the garden to the kitchen! Ages 1 to 4.

**Wednesdays – 10-11 a.m.**

FTF

## Crawlers & Climbers

Let little ones safely explore through texture and climbing structures. Ages 9-24 months.

**1st & 3rd Fridays – May 4 & 18, June 1 & 15, July 6 & 20; 10-11 a.m.**

FTF

CALL 616-4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

# Get Ready! Get Set! Get Involved!

Get your paddle up and your battle-tude on! Join St. Rose's fourth annual Rose Regatta Dragon Boat Race & Festival to raise funds to help local women and men fight breast cancer.



The Rose Regatta is a fun, feel-good fundraiser open to beginners and seasoned dragon boaters willing to put their collective spirit and paddle power to work raising funds for the breast health services provided by St. Rose Dominican Hospitals and our Barbara Greenspun WomensCare Centers of Excellence and R.E.D. Rose program, which provides diagnostic screenings, biopsies, medical care and psychosocial support for uninsured women and men facing breast cancer.

The event also features an exciting cultural festival, breast cancer tributes and opportunities to support paddlers from the beautiful shores of Lake Las Vegas.

For more information on individual or team registration, practices, sponsorships, donations or volunteer opportunities, please visit [roseregatta.org](http://roseregatta.org) or call 616-4900.



**4th Annual Rose Regatta**  
**Saturday, October 13, 2012**  
**Lake Las Vegas**

**Sponsors:**

**NEVADA IMAGING CENTERS**



- Southwest Gas Corp.
- Steinberg Diagnostics Medical Imaging
- Whole Foods
- Colliers International

## Dragon Boat Paddling: Individuals

Open to both experienced and beginning paddlers. Come out to Lake Las Vegas and paddle for fun and fitness. Dates, times and registration available at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).

**Teams call 616-4914**

LLV: \$10 per person or \$150 per team

## Pink Paddlers Breast Cancer Survivor Team Practices

Advanced registration is required. Survivors call Terry at 497-3385.

**1st & 3rd Mondays – May 7 & 21; 6:15-7:15 p.m.;**  
**June 4 & 18; July 2 & 16; 6:30-7:30 p.m.**

LLV: FREE



**St. Rose  
Dominican Hospitals.**

A Dignity Health Member

102 East Lake Mead Parkway  
Henderson, Nevada 89015  
(702) 616-4900  
strosehospitals.org

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