

St. Rose Dominican Hospitals

WomensCare

strosehospitals.org

summer 2012 • issue 54 for the body • mind • spirit

**BLESS
MY PET!**
Join us for
an event
dedicated
to your
devoted pet
pg. 13

Rose Regatta

Paddling and
Battling to Help
Women with Breast
Cancer

pg. 4

**SAVING LIVES
WITHOUT SURGERY**

New heart valve replacement

pg. 9

SAFE SOLUTIONS

*for keeping your
home clean*

pg. 22





Upcoming Promotions

FREE GIFT!

August 3rd – August 19th, 2012

The limited Twinkle Charm Bracelet is your gift with any \$50 purchase in charms, beads or spacers.

(All gifts are limited to one per customer, while supplies last, in a single-day purchase.)

OCTOBER

Save a Life!

2012 marks 10 years that Brighton has created a beautiful, limited edition bracelet that supports and empowers the fight against Breast Cancer.

Call your Brighton Store to reserve yours!

The District at Green Valley Ranch 270-0100 • Fashion Show Las Vegas 731-5929 • Town Square 369-0963

Fashion Village at Boca Park 944-8474 • The Forum Shops at Caesars

Miracle Mile Shops at Planet Hollywood Resort & Casino • The Grand Canal Shoppes at The Venetian

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

BRIBOR, LLC
A Borsack Enterprise



COVERSTORY

► OUR President's Perspective

Rod A. Davis

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

Dear Readers,

I would bet that you are familiar with the name Benjamin “Bugsy” Siegel, but what about Sr. Mary “Carolyn” Harrison? That’s a wager I’m not willing to make even though she — like Bugsy — helped make headlines and history in southern Nevada.

In March 1947, Siegel opened the Pink Flamingo Hotel & Casino for the second time. (An initial grand opening in late 1946 left the resort swimming in \$300,000 of debt and Bugsy was forced to close it down). Even though the resort reopened, Siegel is believed to have paid for the debt with his life. He was murdered on June 20 that same year.

Sr. Carolyn and Sr. Marie Daniel Lundy traveled from Adrian, Michigan, to Henderson in May 1947 to purchase Basic Magnesium Hospital, a government-owned hospital put up for sale when World War II ended. The Sisters paid just \$1 a year for the hospital and committed to caring for southern Nevadans for 25 years. They also assumed the hospital’s debt: \$300,000.

Five additional Adrian Dominican Sisters soon arrived and it just so happened that the sale of the hospital was finalized one week after Bugsy Siegel’s death. There was no glitzy grand opening for the hospital they renamed Rose de Lima. The Sisters simply opened the doors and their arms to embrace our community. Sixty-five years later, the Adrian Dominican Sisters — including the 12 who currently minister within our three hospitals — continue to inspire St. Rose’s commitment to high-quality, compassionate care.

A winning attitude!

Cynthia Lau Chang (pictured with her daughter, Ava) earned a gold medal in last year’s Rose Regatta Dragon Boat Races. Learn why her triumph is a win for others, including women with breast cancer, on page 4.



Preserving the history of our pioneering Sisters

Wendy Williams, digital projects librarian for the Henderson District Public Libraries, has taken great care in preserving the history of the Adrian Dominican Sisters, the pioneering women who cared for the ill and injured of our community, as well as the families who welcomed new lives. Wendy digitized photographs, annals, news stories and other documents that share the history of the Sisters’ tireless efforts in keeping Henderson and its surrounding communities healthy and whole. The first installment of the collection, called “Women of St. Rose,” can be accessed via the library’s digital collections at www.mypubliclibrary.com.



**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.

WomensCare Summer 2012, Issue 54, 102 E. Lake Mead Pkwy., Henderson, NV 89015 is published quarterly by St. Rose Dominican Hospitals.

Director: Holly Lyman **Editor/Writer:** Shauna Walch **Staff:** Kate Grey, Kim Haley, Liz Hefner, Tammy Kline, Jennifer McDonnell **Designer:** Shannon Moss **Photographer:** Greg Preston

For advertising opportunities, please contact your account executive or call **990-8911**.

Physicians are independent practitioners and are not employees of St. Rose Dominican Hospitals.

Rose Regatta

THE YEAR OF THE DRAGON BOAT!

It's the year of the dragon — the water dragon — a symbol of good fortune. Cynthia Lau Chang hopes that it bodes well for St. Rose Dominican Hospitals' fourth annual Rose Regatta Dragon Boat Race & Festival. It funds breast cancer screenings, mammograms, biopsies and surgical services — plus some living expenses — for uninsured and underinsured women facing breast cancer. She also hopes it will mean a second gold medal for the Avengers, the team her husband, Henry, is sponsoring for the fourth year.

According to Cynthia, there are three distinct reasons she and Henry support the Rose Regatta. They include:

1. Professional Philosophy

The Avengers are among 60 corporate and community-based teams taking part in the Rose Regatta, and Cynthia believes that being one of the first corporate teams to sign up each year is a win in itself. "I teach occupational therapy at Touro University and Henry is a radiologist, so our careers are built on helping people live healthier lives," she says. "We feel drawn to helping assist women who can't afford breast cancer care — and the dragon boat races provide us a spirited way to demonstrate that support."

Cynthia first learned about the Rose Regatta in a *WomensCare* magazine article that promoted the dragon boat races as a way to raise money for breast cancer services and build workplace camaraderie. "Henry's staff immediately got on board with the idea," says Cynthia — and after three years of participating, the



Avengers have gained some essential wisdom about what makes a winning dragon boat racing team. “It’s critical that all 20 paddlers paddle in unison,” says Cynthia. “Synchronicity — team work — is the key to crossing the finish line first.”

2. Personal Experiences

It takes 20 paddlers, a drummer and a steersperson to power a dragon boat, but the reasons people participate in the Rose Regatta become very personal. “Everyone has known someone — an immediate or close family member, friend, acquaintance or co-worker — who has battled breast cancer,” says Cynthia. “We are inspired to give our all in honor of them.”

The most inspirational paddlers at the Rose Regatta are the Pink Paddlers, a team of women who have had or have breast cancer. For them, dragon boating can be an excellent way to rebuild strength or declare victory over the disease. For women still in the midst of their battle, paddling provides an emotionally supportive activity and a goal to work toward that can take their minds off breast cancer for a while.

3. Parental Guidance & Pride

Cynthia says the Avengers are also motivated to support the Rose Regatta because St. Rose’s R.E.D. Rose program (see sidebar) specifically assists women (or men) under 49 years of age. “Most of the R.E.D. Rose clients are moms in their 30s and 40s with children or teenagers in tow,” says Cynthia. “It breaks your heart and gives you tremendous hope at the same time. These are brave women who need our help to get essential medical services.”

So in between cheering on their three children at soccer games, basketball tournaments and dance competitions, Cynthia and Henry hold a few practices to prepare for the event. “The Rose Regatta is just one way we are teaching our kids about the spirit of — and the importance of being active contributors to — their community,” says Cynthia. “A high point of the dragon boat races is seeing our kids — and the children of fellow Avengers — cheer us on from shore.” **WC**

Grab a paddle and get on board!

Our collective paddle power provides breast cancer patients the medical and financial support they need to find stability during their time of need!

Is registration open to individual paddlers?

Yes. Individuals (13 years of age or older), families, friends or colleagues are invited to form teams or join “Paddlers Wanted” teams. Registration packets, pledge forms and practice schedules are available at roseregatta.org.

What gear do I need to paddle?

Just you! If you come equipped with enthusiasm, we will provide the boats, the paddles and the life jackets.

What if I want to support the Rose Regatta but don’t plan to paddle?

Here are other ways you can support the Rose Regatta:

- **Make a Pledge** – Pledge a donation to a specific team or to the Rose Regatta c/o St. Rose Dominican Health Foundation, 3001 St. Rose Pkwy., Henderson, NV 89052.
- **Paint a Paddle** – Pick up a paddle at the WomensCare Center. Paint it and donate your art to be sold on Regatta Day.
- **Float a Flower** – Buy a flower at the event to toss on the water during the “Flowers on the Water” tribute honoring those who are living with breast cancer or who have lost their battle to the disease.
- **Cheer** – Clap, holler and hoot for Rose Regatta paddlers and performers during the day-long fundraiser and festival.



▶ Saturday, October 13 Lake Las Vegas

For more information about registration, training sessions and festival entertainment and events, visit roseregatta.org or call 616-4910.

What St. Rose Dominican Hospitals’ breast cancer services do the Rose Regatta support?

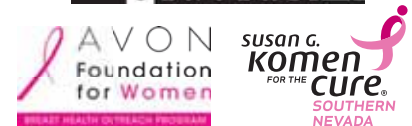
R.E.D. Rose — which stands for Responsible Early Detection of breast cancer — provides free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men 49 and younger who lack adequate health care coverage or the financial means to obtain them. Support services such as rent, utility and food assistance are also available to those undergoing breast cancer treatment. Note: Other local programs provide support for women and men 50 and over.

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 Barbara Greenspun WomensCare Centers of Excellence offer ongoing breast cancer support groups, a wealth of health, nutritional and exercise classes, prosthesis and bra fitting services, plus wigs, turbans and hats for cancer patients who have lost their hair.

We thank our gracious sponsors!

Pink Sponsors



Jade Sponsors

- Radiology Associates of Nevada
- Steinberg Diagnostic Medical Imaging
- OnPoint Consulting, Inc.
 - Whole Foods
 - Southwest Corp.
- Colliers International
- UnitedHealthcare

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

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

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

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

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



SOUTHERN NEVADA WATER AUTHORITY

Asian Inspiration

How ancient Chinese rituals can benefit your health today



Tai Chi and St. Rose Marketplace

Help for hip and knee pain. If you suffer from achy joints, running or weight training may sound painful rather than appealing, but exercise is important. Tai Chi, the ancient Chinese martial art based on slow, continuous movement, is shown to loosen stiff and achy joints, as well as improve range of motion, balance and strength. See *WomensCare* Calendar page 26 for information on Tai Chi classes or call 616-4900.

▶ **Visit St. Rose Marketplace.** If you have hip or knee surgery, St. Rose Marketplace can make your transition from hospital to home a bit easier. You can order the health care supplies you need – from braces to splints and walking aids – online and items will be shipped directly to your home. If any items don't fit your needs, return shipping is free and full refunds are provided. Visit strosemarketplace.com or call toll free 1-866-357-0353 for customer support.

Bring balance to what you eat. Are you trying to lose or keep weight off by banning an entire food group (we promise, carbs are not all bad!) or subsist on a single food (cabbage or grapefruit diet sound familiar?)? Take some diet and nutrition inspiration from Asian culture, which emphasizes eating a variety of foods that bring balance to the mind, body and spirit.

- Select foods based on the season. A salad made with watermelon, cucumber and mint can be refreshing in the summer but may leave you feeling less than satisfied as the weather turns cold. So get out a stock pot and make a low-sodium, broth-based soup that is rich in carrots, potatoes and mushrooms. It will feed and warm both your body and soul.

- Seek a full spirit rather than a full stomach. Asian culture stresses moderation as a means to maximize health. Eat slowly and mindfully — and only until you feel 70 to 80 percent full — to ease the digestion of your food and energize your body.

Seek harmony in your health. Whether you are fighting the common cold, stress or hot flashes, people of Asian descent often combine Western medical treatment with natural and traditional Asian remedies and practices to bring about healing.

- Value movement as medicine. If you fear spandex running pants, sore muscles or failure, keep in mind that exercise doesn't have to be grueling to be good for you. Tai Chi and Qi Gong are gentle forms of exercise that keep blood, energy and emotion circulating to prevent physical, mental or spiritual blockages that may lead to or aggravate an illness.

- Develop a yen for Zen. Meditating for as little as five minutes a day can help quiet and clear your mind and lower your blood pressure. Meditation can take the form of repeating a quiet, comforting mantra or practicing a breathing technique called Qi Qong. Simply close your eyes and breathe. With every breath you take, inhale and exhale, and try to breathe slowly, deeply and evenly.

- Consider complimentary medicine. Acupuncture or massage can ease stress, calm nerves and reduce pain. One session may lead to temporary relief but several sessions are often required. Studies suggest that women who received traditional acupuncture had significantly lower menopausal symptoms after 10 weeks.

For Your Safety: Whether choosing Western or alternative medicine, take time to find out if practitioners are fully licensed before using their services. **WC**

CONTINUE THE CARE

DISCHARGED ISN'T THE LAST WORD. **RECOVERY** IS.

Kindred understands that when a patient is discharged from a traditional hospital they often need post-acute care to recover completely. Every day we help guide patients to the proper care setting in order to improve the quality and cost of patient care, and reduce re-hospitalization.



In the Las Vegas area Kindred offers services in:

3 Long-Term Acute Care Hospitals • 1 Subacute Unit
1 Outpatient Wound Center • 2 Transitional Care and
Rehabilitation Centers • Homecare and Hospice

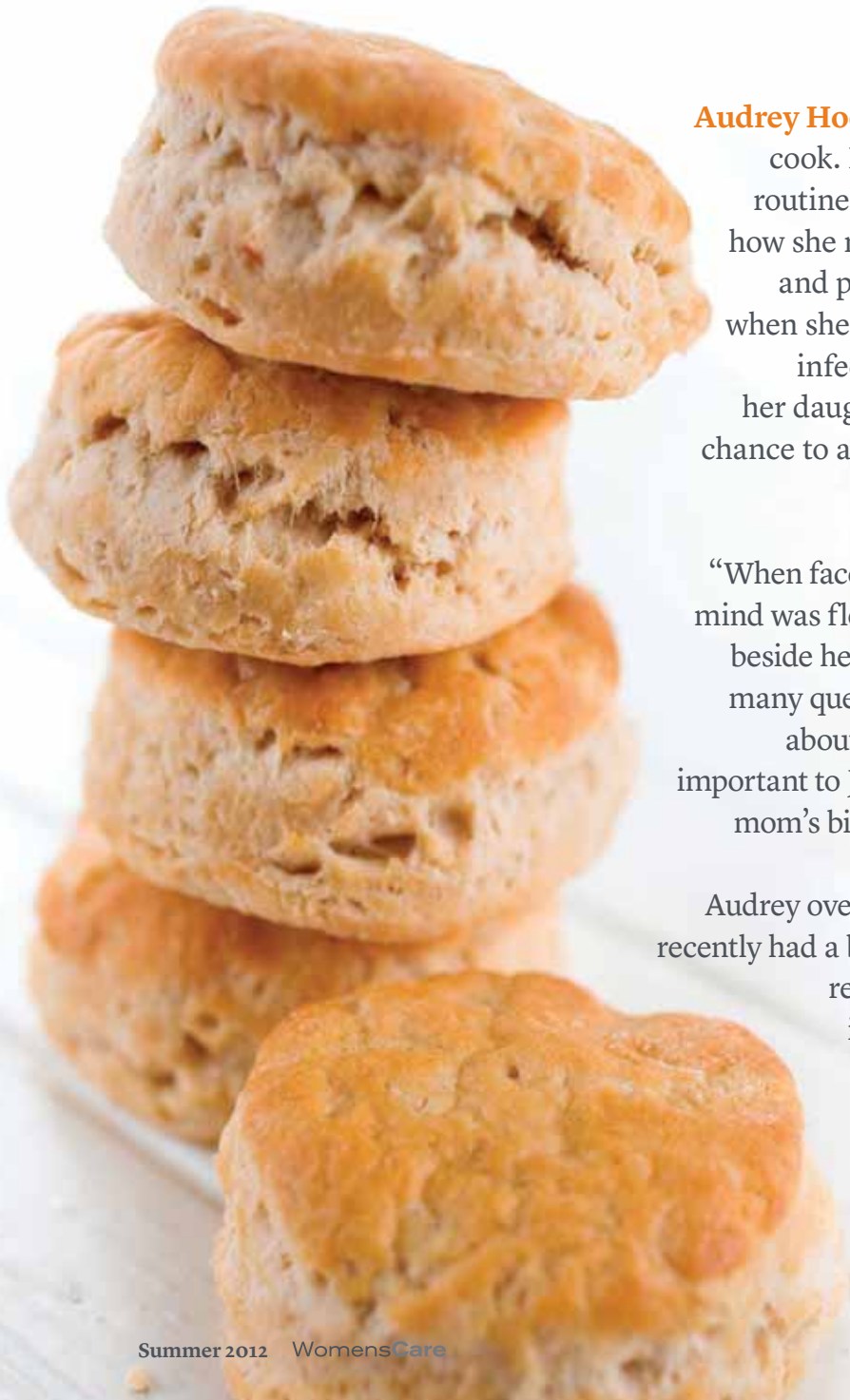
Central Admissions: 702.784.4333

  www.continuethecare.com

Kindred 
Healthcare
Dedicated to Hope, Healing and Recovery

ONE REVOLUTIONARY NEW HEART VALVE

Two Dozen Traditional Southern Biscuits



Audrey Hood is, among other things, an incredible cook. Family and friends from North Carolina routinely call to chat with Audrey and often ask how she makes her chicken pastry, collard greens and pecan pie. At 90, Audrey still obliges, but when she was hospitalized with a life-threatening infection and an inoperable heart condition, her daughter, June, feared she wouldn't have the chance to ask her "sweet mama" how she made her southern biscuits so light and fluffy.

"When faced with the possibility of losing mom, my mind was flooded with memories of learning to cook beside her in the kitchen," says June. "I still had so many questions I wanted to ask her." The question about Audrey's southern biscuits became very important to June who says, "Nothing compares to my mom's biscuits because nothing compares to her."

Audrey overcame the infection she was fighting and recently had a breakthrough heart procedure that didn't require traditional open-heart surgery. She is feeling better and was able to share her technique for mouth-watering southern biscuits with her very grateful daughter.



Pictured from left to right: Dr. Robert Wiencek, Dr. Howard Broder, Dr. Herb Cordero and Dr. Michael Wood

“TAVR enables us to replace the aortic valve — the heart’s main doorway — without major surgery. It can save and improve the quality of life of people who are too sick or frail to undergo open heart surgery.”

— Dr. Howard Broder

New heart valve, new lease on life

The human heart has four valves, and on a recent day in May, four physicians at St. Rose Dominican Hospitals replaced one: the diseased aortic valve of Audrey Hood.

Cardiothoracic surgeons have performed open heart valve replacement surgery for decades with good, long-lasting results, but Audrey was one of the first people in southern Nevada to receive a new aortic valve through a procedure that didn’t require cutting her chest open or stopping her heart.

The technique — called Transcatheter Aortic Valve Replacement (TAVR) — gives individuals who, like Audrey, are too sick or frail for traditional open-heart surgery hope for renewed health and a longer life.

The Vital Function of the Aortic Valve

To fully appreciate the significance of TAVR, Dr. Howard Broder explains the critical function of the aortic valve. “The

▶ **The St. Rose TAVR team** with Dr. Howard Broder (second from left) gained extensive experience performing the TAVR procedure during its clinical trial phase at Cedar Sinai Hospital. Dr. Robert Wiencek, Dr. Herb Cordero and Dr. Michael Wood are also trained in the TAVR procedure while Drs. Wood and Wiencek also perform open-heart and minimally-invasive valve replacement surgeries.

aortic valve works like an automatic door. Each time the heart pumps blood, the valve opens and pushes blood out to nourish the rest of the body. The door then shuts tight and the process begins again.”

An estimated 1.5 million people in the United States — including one in 20 seniors over the age of 80 — suffer from aortic stenosis, a condition that occurs when the aortic valve becomes coated with calcium, making it narrow and rigid thus less likely to open and close properly. (Rheumatic fever and congenital deformations can also lead to aortic stenosis).

“When the aortic valve fails to close tight, blood seeps backward requiring the heart to work harder and harder to push blood out and to the other vital organs,” says Dr. Broder. If not treated, advanced heart valve disease can cause heart failure, stroke, blood clots or sudden death due to cardiac arrest.

Among the challenges of diagnosing and treating aortic stenosis are that the symptoms — chest pain, fatigue and lightheadedness — may not become apparent until the condition is in its late stages. At that point, survival rates are about two years unless the valve is replaced. Until the FDA’s recent approval of TAVR, Audrey’s valve couldn’t be replaced because she was too frail, and that two-year time clock was quickly winding down.

A New Procedure Based on A Proven Technique

To perform Audrey’s transcatheter aortic valve replacement, a small incision was made in Audrey’s groin, then Dr. Broder threaded

Questions & Answers

Is there a cure for aortic stenosis?

Medications and lifestyle changes can provide temporary relief from symptoms and may lower the risk of complications for years. A procedure called balloon valvoplasty can also provide some relief, but regularly monitoring aortic stenosis patients is important because replacing the valve becomes critical in most advanced cases.

What are the benefits of TAVR?

- Does not require open heart surgery or stopping the heart for the procedure
- Shorter stay in the ICU and fewer days in the hospital overall
- About one-eighth the blood loss of conventional open valve repair
- Lower number of cardiac and respiratory complications
- Quicker recovery and return to normal activities

Is minimally invasive heart surgery an option to open heart surgery?

If you are healthy enough to have surgery, minimally invasive aortic valve replacement may be an option to traditional open heart surgery, according to Drs. Wiencek and Wood. For more information on minimally invasive heart procedures, consult your physician or a cardiovascular surgeon specialist.

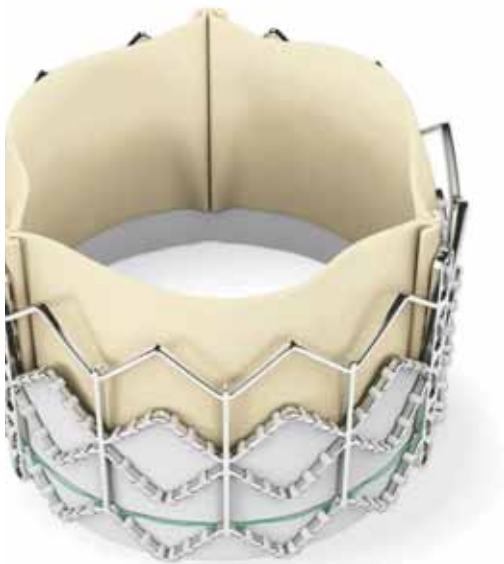


Do you have a St. Rose doctor?

Call 616-4900 or visit strosehospitals.org.



▲ Using x-ray guidance, Dr. Broder threads the Edwards Lifesciences' Sapien heart valve through a patient's femoral artery via a small incision in the leg then guides the valve to the heart via catheter.



▲ The Edwards Lifesciences' Sapien heart valve is the first artificial heart valve that can be implanted without major surgery, offering a new treatment option for patients who are too sick or frail for open-heart valve replacement.

a thin tube called a catheter up through her femoral artery and into her heart. As he did, Dr. Herb Cordero explained the procedure, "The beauty of the TAVR procedure is that while it recently received FDA approval, it is based on the proven catheterization techniques we use to place cardiac stents."

Similar to the way a cardiac stent is delivered to the heart, Audrey's new valve was crimped down in size to fit within the catheter and guided to her heart with the use of x-ray technology. Once the catheter was positioned at the site of her ailing valve and the new valve was secured in place, it began to work almost instantly.

"A cardiac stent works like scaffolding or a door frame that holds a diseased artery open so blood can flow through it," says Dr. Cordero. "With the TAVR procedure, Audrey received the works — a new door frame to hold her valve open and a new automatic door."

Although the TAVR procedure hasn't turned back the hands of time to when June learned to cook at Audrey's side, it has given mother and daughter more quality time together. Audrey has regained energy, finds it much easier to breathe and recently spent a half hour talking June through the proper steps of making her biscuits. "I'd been shaping my biscuits with the bottom of a glass," says June. "Mom takes care to cup and form each biscuit between the palms of her hands." WC

Sound advice

You might not notice the early warning signs of aortic stenosis but your doctor can by listening to your heart with a stethoscope. Your doctor can hear a heart murmur — an abnormal heart sound — that often develops long before other signs and symptoms of aortic stenosis occur. That's why routine physicals and an ongoing relationship with your doctor are important.

Need to have a heart-to-heart conversation with a doctor? For help finding a family physician, internist or cardiac specialist, call St. Rose Physician Referral at 616-4900.

THIS SUMMER, THERE ARE COOL, NEW THINGS AT THE SPRINGS PRESERVE.

AIR-CONDITIONING, FOR STARTERS.

ENVENOMATORS

Explore the surprising, secret lives of beautiful and venomous snakes, including our own Mojave Desert rattlesnakes, at this new, indoor exhibit.

June 3 – September 16

NEVADA STATE MUSEUM

Priceless artifacts give you a million-year glance into Nevada's past, from prehistoric creatures all the way to sequined showgirls.

Open Friday – Monday



BUGS!

Live animal shows are in full swing at the Springs Preserve this summer. Back by popular demand, showing at 11 a.m. and 1 p.m. inside the Big Springs Theater.

Bugs! July 16 – August 31

SPRINGS CAFE

Enjoy culinary creations at our new cafe with a view overlooking the Springs Preserve and Las Vegas.

Monday – Friday 11 a.m. to 3 p.m. Saturday – Sunday 11 a.m. to 4 p.m.



GARDENS AND TRAILS

Jog or stroll through a kaleidoscope of various plants and flowers to gain inspiration for your own desert garden.

ORIGEN MUSEUM

Enter immersive recreations that capture the entire range of the Mojave Desert's natural and cultural history.

For a full list of events, visit us online.

Exhibits \$9.95 for adults,
\$4.95 for kids 5 yrs. and older.

Open daily, 10 a.m. to 6 p.m.

702-822-7700

U.S. 95 and Valley View Blvd.



SPRINGS PRESERVE®
www.springspreserve.org

follow us on:  



Blessed with a pet?

Are Lucky, Fido and Mr. Whiskers worth their weight in pet food? You betcha! According to the Centers for Disease Control and Prevention, pets are good as gold when it comes to your health. Pets can help lower your blood pressure, cholesterol and triglyceride levels, decrease your feelings of loneliness and increase the opportunities you have to socialize and exercise outdoors.

Honor the positive role your pet plays in your life by joining us for:

St. Rose Dominican Hospitals' 6th Annual Pet Blessing

The group pet blessing will be held at 2:30 p.m.

Saturday, November 3; 1-3 p.m.

St. Rose Dominican Hospitals - San Martín Campus Healing Garden



Difficulty walking your dog?

If an arthritic hip or knee is keeping you from taking your dog on a daily walk, let St. Rose help you find a physician who can help. If you need a hip replacement, ask about anterior hip replacement. This less invasive technique replaces the hip from the front rather than the side or back of your body – plus, no major muscles are cut through. Because muscles and tissue are left intact, anterior hip replacement provides instant stability to the new joint so you can move around and bend at the hip freely right after surgery. By comparison, conventional hip replacement requires limiting hip motion – and hip flexion – to no more than 90 degrees for 60 days after surgery. For more information, call 616-4900.

▶ **What's in a name?** Puppies and babies are huggable, lovable and apparently suited for the same names. In 2011, Sophia, Chloe, Jackson, Jacob and Isabella were among the top 10 baby names. Bella, Sophie, Chloe, Jack and Jake were also among the top 10 pet names!

▶ **Foods Not to Feed Your Pet** Even if your pet sits pretty, begs or meows, feeding your dog or cat the following foods can be dangerous: Avocados, chocolate, garlic, grapes/raisins and macadamia nuts.

▶ Every year, more than 4.7 million

Americans are bitten by dogs, with more than half of all victims younger than 14.

Take the American Academy of Pediatrics' advice to heart and never leave a baby or child unattended with a dog. Staying within arms reach when your child is interacting with a dog is important because even the most seemingly docile pet can bite if spooked or provoked.

Health FROM SOUP TO NUTS!



► **Chicken soup: Comfort, cure or weight control?**

A steamy bowl of chicken soup can warm your body and soul — and while chicken provides an important source of protein, nutrient rich broth (think low-sodium, broth-based soups rather than heavy, cream-based soups) can make you feel full faster curbing how much you eat. Best of all, research shows that chicken soup is tasty medicine that can help break up nasal and chest congestion and reduce the inflammation of a sore throat and the production of phlegm. Homemade soups tend to be fresher and thus better aid in the healing process.

► **Vaccinations and physicals for preschooler to college freshman**

MinuteClinic walk-in medical clinics inside five CVS/pharmacy stores in southern Nevada are offering adolescent vaccinations, sports physicals and college physicals seven days a week, with no appointment necessary. These clinics are affiliated with St. Rose Dominican Hospitals. Nevada law requires that students enrolling in public and private schools (beginning at kindergarten) be properly vaccinated against diphtheria, tetanus, pertussis (whooping cough), polio, rubella (German Measles) and rubeola (measles). A pertussis booster is also required before beginning 7th grade and students new to Nevada school systems must meet hepatitis vaccination requirements. It's also recommended that college freshmen enrolling in Nevada or elsewhere receive a meningitis vaccine.



► **We value you**

Value. There's nothing more valuable than your health, and in tough economic times, finding good value is important — especially when it comes to your health care. That's why more than 600 staff and independent physicians have joined the St. Rose Quality Care Network (SRQCN) — a physician-peer collaborative designed to hold one another accountable for improving your health care outcomes while also reducing your costs.

Some injuries and illnesses are unavoidable, yet the St. Rose Quality Care Network physicians realize that the more coordinated our efforts are, the more we can do to help you prevent illness, address health conditions in their earliest stages or effectively manage chronic conditions. And if you require hospitalization, we know that by following proven treatment and after-care protocols, we can increase your chances of a timely recovery while decreasing your health care expenses and your time away from work, family and opportunities to live a healthier, more enjoyable life.

You may wish to ask your insurance provider or employee benefits coordinator whether the St. Rose Quality Care Network is an option with your insurance plan.



► Text4Baby

Pregnant? Get free, timely, text-length prenatal and newborn education texted directly to your cell phone. Simply text the word BABY (or BEBE for Spanish) to the number 511411, then enter your baby's due date or birth date and your zip code. You can also register online at text4baby.org. The service is free and most major wireless carriers do not count Text4Baby messages against your messaging plans!

► Sharing gut feelings & good information

Are you among the one in 150 people who suffer from celiac disease, the genetic disorder that sets off an autoimmune reaction to gluten found in wheat? Celiac sufferers produce antibodies to attack gluten, but the antibodies also attack the intestines, causing damage and symptoms such as diarrhea, weight loss, abdominal pain, chronic fatigue, weakness, malnutrition and other gastrointestinal problems. There is no cure for celiac disease, but you can control symptoms and help heal your intestines by maintaining a gluten free diet. If you suffer from several of these symptoms, talk to your doctor about celiac disease testing.

► Go ahead ... Go nuts!

Whether you enjoy nuts as a yogurt or salad topping or prefer to munch on a small handful, nuts are a healthy indulgence. Here's why:

- **About Almonds** – Almonds are a source of healthy fat and have plenty of protein, fiber and iron, as well as eight percent of your daily calcium needs but no cholesterol. Almonds are also a great source of vitamin E, which protects against stroke and cancer.

- **Why Walnuts** – Antioxidant rich walnuts protect against the cellular damage that contributes to heart disease, cancer and premature aging. They are rich in manganese, which may help reduce PMS symptoms. Walnuts also have an abundance of polyunsaturated fat, which may protect against type 2 diabetes.

- **Peanuts, Pistachios and Pecans** – Pecans are a great source of unsaturated fats which are also beneficial for your heart. Pistachios are high in protein and lower in calories than other nuts. In addition, shelling and eating pistachios one by one slows down how quickly and possibly how much you eat. And peanuts are a rich source of monounsaturated fatty acids, fiber, magnesium, copper, folate and vitamin E, all of which have cardiovascular disease risk-reducing properties.



Our #1 priority: Your safety and satisfaction

Your health, safety and satisfaction are priorities at St. Rose Dominican Hospitals. Because your confidence in our care is important, we publish our own health and safety ratings – which in some instances are above national averages – at strosehospitals.org/Quality. Our current ratings are also published by the Department of Health and Human Services at www.hospitalcompare.hhs.gov.

How does St. Rose respond to medical errors or patient satisfaction issues?

St. Rose is committed to delivering high-quality care and engaging in continual process improvement. If a medical error or a missed opportunity to provide excellent service occurs – or a trend such as higher than average rates of readmission for congestive heart failure patients develops – we address it as soon as it becomes known to us. Following are three steps St. Rose takes to ensure your health, safety and satisfaction.

1. Report – St. Rose continually tracks vital information such as infections, complications and readmission rates. We report this data on a voluntary basis and as required by governmental or hospital certification agencies such as the Centers for Medicare & Medicaid Services (CMS) and the Joint Commission.

2. Review – In a hospital setting, some incidents may be immediately apparent while others may not be obvious in real time, so we carefully review data on a routine basis. When we spot an issue, we immediately and thoroughly evaluate our delivery of care.

3. Respond and Refine – St. Rose engages managers and staff in ongoing education and process improvement to ensure that we follow national care protocols and address quality of care issues to provide patients the right care at the right time.



True to Our Vision:

Focused on the highest quality of care

With a shared commitment to excellence, Westfield Eye Center and Nevada Eye & Ear have merged to create a new integrated health care system to provide the highest quality and most cost effective patient care. With 19 accomplished physicians, Westfield Nevada Eye & Ear provides unmatched expertise and integrated vision services at five convenient locations. Specialty areas include cataract refractive surgery, glaucoma and cornea surgery, pediatric and adult strabismus, neuro-ophthalmology, eye and facial plastic surgery, and ear, nose and throat care.

Together, we're better than ever.
Schedule your appointment today – **702.896.6043**



SAME DAY APPOINTMENTS AVAILABLE • SE HABLA ESPAÑOL

2575 Lindell Road
Las Vegas, Nevada 89146

9100 W. Post Road
Las Vegas, Nevada 89148

2598 Windmill Parkway
Henderson, Nevada 89074

2020 Goldring Medical Plaza
Las Vegas, Nevada 89106

2120 E. Calvada Boulevard
Pahrump, Nevada 89048

▶ 1/3 less carbs

By reducing the amount of bread, tortillas, pasta or rice in your diet by as little as one-third – and replacing them with fresh fruits or vegetables – you can cut calories and still enjoy carbs without feeling deprived.

Are you TOFI?

If so, you could be at an elevated risk for diabetes. TOFI stands for *thin on the outside and fat on the inside*, and according to the National Institute of Health, about 15 percent of people with type 2 diabetes are not overweight.

“You can look thin and healthy on the outside, but if you have visceral fat, you are at higher risk of developing type 2 diabetes,” says Amy Godsoe, Health Educator at the Barbara Greenspun WomensCare Center of Excellence. Visceral fat isn’t something you see on the outside – like a muffin top – it’s fat deep inside that surrounds vital organs such as the pancreas and liver, and it makes a thin body act obese.

Amy’s advice: exercise. “Even if you can eat anything without gaining weight, you can’t lose visceral fat without exercising.”

▶ 30 minutes

As little as 30 minutes of exercise a week can rev up your metabolism, help curb your appetite, improve your digestion, your blood sugar and even how well you sleep.

▶ 8 ounces

Drink a small glass of water to quench your thirst before reaching for a soda, beer or other carb-packed beverage – it’s a healthy way to reduce your sugar and calorie intake.

◀ sound insights

FROM A PATIENT’S PERSPECTIVE

Louie’s solution to high blood sugar

My blood sugar went up when the real estate market went down

— Louie Urquiaga



As a lifelong local, Louie Urquiaga is sold on Las Vegas, which as a real estate agent helps him sell homes. However, when the community’s real estate market crashed, Louie started to feel as if he had crashed, too. But the reason was actually high blood sugar. “Like many people, I eat when I’m stressed,” says Louie. “The worse the local economy got, the more I ate and the higher my weight and blood sugar rose.”

Two years ago, Louie was diagnosed with type 2 diabetes but today he has no sign of the disease. “I was prescribed medication to control my diabetes, but I wanted to do more than control it — I wanted to cure it,” says Louie, who enrolled in diabetes management classes that helped him rethink his diet and his lifestyle.

“I am Latino and Italian, so I grew up believing that a plate full of rice and tortillas or a bowl of pasta and bread was a complete meal,” says Louie. “These days, my motto is ‘eat one-third less carbs.’ I don’t avoid carbohydrates altogether because they are important to energy production. I just put more emphasis on balancing my meals with lean proteins and fresh vegetables.” In addition to

eating better, Louie exercises a few times a week and has lost (and kept off) 70 pounds.

Louie now leads the Stanford Chronic Disease Self-Management and Stanford Diabetes Self-Management Programs in Spanish (also offered in English) at the Barbara Greenspun WomensCare Centers of Excellence. The six-week programs are group-oriented classes where mutual support helps participants set and reach small, individualized goals. “We promote small, continual lifestyle changes that build our participants’ confidence in their ability to manage their health in ways that ultimately lead to better health and more active, fulfilling lives,” says Louie.

To register for the diabetes programs, call 616-4900. **WC**



DIFFICULTIES SWALLOWING?

St. Rose's esophageal manometry studies help accurately diagnosis esophageal disorders that cause difficulty swallowing, chest pain and even airway disorders.

Help here at home

Liz Hefner didn't mind the hours she spent cooking meals. It was the time and focus it took her to chew and swallow food that had become frustrating. She often sat alone finishing her meal at the table 10 to 20 minutes after her family had cleaned their plates.

After more than a decade of fearing that her food would become stuck in her esophagus — the muscular pipeline that moves food and liquid from the throat to the stomach — Liz became fed up and sought medical treatment from gastroenterologist, Dr. Albert Mason.

Liz is among millions of Americans who suffer from esophageal motility disorders. Fortunately, Dr. Mason was able to diagnosis and treat Liz's disorder during a simple, same-day procedure using x-rays and an endoscopic probe (a thin, flexible device used to view the esophagus) for guidance.

While these traditional methods worked for Liz, they don't always provide clear cut answers as to why some people experience problems swallowing, regurgitate their food or suffer spasm-type chest pain. A different, specialized test — esophageal manometry — can.

An esophageal manometry study measures the pressure and pattern of the esophagus' muscle contractions to establish if they — and the esophageal sphincter that opens to allow food to pass into the stomach — function

properly. It is, according to gastroenterologist, Dr. Carmelo Herrero, the gold standard when it comes to diagnosing a number of esophageal disorders, such as achalasia and connective tissue disorders like scleroderma. It can also help determine if a patient is a suitable candidate for anti-reflux surgery to treat GERD and better guide the procedure to treat hiatal hernias. Yet, until St. Rose recently invested in manometry equipment, patients who needed an esophageal manometry study could not get one in southern Nevada.

"Patients who must cover their travel expenses and face the hurdle of getting an out-of-town procedure covered by insurers are more likely to forgo esophageal manometry," says Dr. Mason. "Without the specific information this study provides, physicians are limited in the courses of treatment they will recommend — particularly effective surgical treatments — so patients receive what we call Band-Aid care rather than a cure."

Manometry testing can be completed in 20 to 30 minutes at St. Rose Dominican Hospitals' Siena or San Martín campuses. The test may also be conducted in conjunction with an Esophageal Impedance PH study that monitors acid and non-acid reflux of stomach contents into the esophagus.

To find a doctor who performs esophageal manometry studies, call 616-4900. **WC**

Drs. Albert Mason and Carmelo Herrero are among the St. Rose physicians trained to perform esophageal manometry, a diagnostic procedure that patients formerly had to travel to other states to receive.



Dr. Albert Mason



Dr. Carmelo Herrero

Protect your esophagus

Your esophagus is a muscular pipeline that automatically contracts when you swallow food or liquid to move it from your throat to your stomach. As food or liquid approaches your stomach, another specialized muscle — the esophageal sphincter — opens to allow it in. This valve quickly closes again to prevent powerful stomach acid or bile from refluxing into the esophagus, which can cause pain and heartburn, and eventually lead to damage and scarring in the esophagus.

To protect your esophagus and reduce acid reflux pain, try these tips:

Eat smaller meals. Use a salad-sized plate and fork to reduce the likelihood that you will eat too fast or too much. Losing excess weight often helps reduce acid reflux.

Don't eat right before bedtime. Eat at least two to three hours before you plan to go to bed, and if you nap, do so in a semi-seated position. Stomach acids are likely to reflux if you lay down soon after eating.

Eat foods that agree with you. Chocolate, coffee, alcohol, mint and spices may make heartburn symptoms worse. Try limiting or avoiding such foods to see if your symptoms improve.

Do you need a prescription drug to treat your heartburn? Prescription medicines used to treat heartburn, gastric ulcers, and gastroesophageal reflux disease (GERD) are widely promoted to consumers and physicians, which has led to their overuse in treating "garden variety" heartburn. If you suffer from occasional heartburn but have not been diagnosed with GERD, dietary and lifestyle changes (such as those listed to the left) can likely provide relief as may nonprescription antacids such as Maalox, Rolaids and Tums, or acid-reducing drugs such as Tagamet, Pepcid or Zantac. See a doctor if you have heartburn twice a week or more and your symptoms are not controlled by lifestyle changes or over-the-counter remedies. You may have GERD that could be helped by taking a prescription medication.

Beauty.
Let your smile express it.



Not every dental makeover needs to be "extreme."

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



• Conscious sedation available •

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

www.PatrickSimoneDDS.com



Faculty member
at the UCLA Center
for Esthetic Dentistry



AMERICAN ACADEMY
OF COSMETIC DENTISTRY



Double trouble: diabetes and dental problems

Diabetes and dental problems seem to go hand in hand, and that can be double trouble, according to Dr. Patrick Simone, DDS. "People with diabetes are more prone to oral infections and periodontal disease, which damage the gum and bone that hold your teeth in place," says Dr. Simone.

Diabetes can also cause dry mouth, which is caused by a lack of saliva. Saliva helps prevent tooth decay and oral infections. Because diabetes may also cause the glucose level in your saliva to increase, people with diabetes are susceptible to thrush, which causes painful white patches in your mouth.

Dr. Simone recommends that diabetics take the following steps to protect their teeth:

- Control your blood glucose
- Brush twice daily and floss at least once a day
- Visit your dentist for routine cleanings and checkups and tell your dentist you have diabetes.
- Visit your dentist if you experience changes in your oral health, e.g., if your gums bleed when you brush and floss, you develop dryness, soreness, white patches or a bad taste in the mouth.
- Tell your dentist if your dentures (false teeth) do not fit right or if your gums are sore.

Giving people with Parkinson's disease hope

Imagine buttoning your shirt, typing an e-mail or entering your ATM pin number after downing 48 ounces of black coffee on an empty stomach and putting on boxing gloves. That shaky, clumsy experience is how one person with Parkinson's disease tries to explain her hand tremors.

Deep Brain Stimulation (DBS) Therapy can help reduce the shaking or physical rigidity people with Parkinson's disease experience giving them greater control over their body movements.



▶ What causes Parkinson's disease?

Celebrities like Mohammed Ali brought more attention to Parkinson's disease but its cause remains a mystery. What is known is that the symptoms result from a deficiency of dopamine, a chemical messenger that helps control body movement. Dopamine is produced by cells deep in the brain, and when they begin to die, dopamine production is reduced. Parkinson's disease symptoms, such as tremors, rigidity and exhaustion, begin to appear when 70 to 80 percent of the nerve cells have died. Parkinson's disease affects one of every 100 persons over the age of 60.

Coffee Perks – Studies involving men suggest that coffee may offer some protection against Parkinson's disease. But don't over do it. Coffee does not offer the same nutrients of beverages such as milk and juice, and drinking too much may lead to side effects such as nervousness and sleeplessness. Also note that the benefits of caffeine in this case are coffee specific – caffeinated sodas and chocolate were not shown to provide the same protection.

Deep Brain Stimulation therapy works like a cardiac pacemaker for the brain. Just as a pacemaker transmits electrical signals that help control irregular or erratic heartbeats, a DBS device delivers carefully controlled electrical stimulation that interrupts or overrides the faulty brain signals that lead to body tremors or physical rigidity. Used in conjunction with medication, DBS can reduce these disabling symptoms caused by Parkinson's disease or other advanced movement disorders.

"Most patients respond well to medication, but because Parkinson's disease is progressive, medications tend to become less effective in controlling symptoms over time," says Dr. James Forage. "When DBS therapy is initiated well before medicines become ineffective, patients experience fewer physical symptoms for a longer period of time."

Exercise RX

Regular exercise or physical therapy helps people with Parkinson's disease maintain and improve mobility, flexibility, balance and range of motion. It can also ease secondary symptoms such as depression and constipation. What's more, researchers now believe that exercise may actually slow the progression of the disease. Learn more about the WomensCare Centers' Yoga, Tai Chi and chair exercise classes on page 26.

A DBS neurotransmitter*, like a cardiac pacemaker, is implanted under the skin in the chest. Then a thin set of wires with leads are implanted in the precisely targeted areas of the brain that affect movement. The DBS device is then programmed to reduce the patient's symptoms. Patients typically experience some immediate relief and see optimal relief within a few weeks to a few months which is, in essence, like they've taken the boxing gloves off.

For help finding a physician specializing in the treatment of movement disorders such as Parkinson's disease, call 616-4900. **WC**

**The DBS device can be reprogrammed wirelessly as needed to minimize new or increasing symptoms and can be removed entirely to make way for newer treatments, improved techniques or a medical cure.*

REPELS STAINS

FIGHTS

MOLD AND MILDEW



KILLS GERMS

► **Learn more about** efforts to improve chemical safety by visiting saferchemicals.org. Or sign up for our Keep it Safe at Home seminar by calling 616-4900.

Do common household cleaning products live up to the hype? Whether or not they do, the more important question may be: Do the powerful chemicals in these products adversely affect your health?

► **Four simple ways to reduce chemicals in your home:**

Remove Your Shoes. Shoes do more than track dirt and mud into our homes. They bring in oils and chemicals. Take them off before you enter your home.

Forgo “Fresh” Scents. Chemical additives that make laundry detergents, fabric softeners and air fresheners smell like “fresh linen” or “spring rain” can irritate your airways and worsen asthma symptoms. They can also cause eczema, a red, irritating skin rash that can be difficult to get rid of.

Wash Before Wearing. Chemical dyes and fabric finishes that give new clothes and linens their crisp color and fresh-pressed look may cause skin irritation like eczema.

Google the Ingredients. Search Internet sites such as householdproducts.nlm.nih.gov, epa.gov or livestrong.com to learn more about the safety of the ingredients in your favorite products. If the manufacturer states that “all chemicals used in making this product are permissible by law,” remember how lax current laws are in regulating toxic chemicals.

“Very little information on the toxicity of chemicals we bring into and use in our homes on a daily basis is provided to consumers,” says LaShannon Spencer, St. Rose Dominican Hospitals’ Director of Public Policy & Advocacy. “In the 36 years since the Toxic Substance Control Act (TSCA) was passed, very few of the more than 80,000 chemicals produced and used in our country have been thoroughly safety tested.”

What’s more, she says that only a handful of chemicals have been regulated even though scientific evidence links some to serious illnesses including asthma, cancer, reproductive issues in both women and men, developmental disorders in children and neurologic disorders such as Parkinson’s disease.

Dignity Health and St. Rose Dominican Hospitals are members of the national **Safer Chemicals, Healthy Family** coalition, which is comprised of 11 million people representing families, health care professionals, corporations and advocates of people facing diseases and disabilities. One of the coalition’s concerns is that a great deal has changed since TSCA was enacted in 1976, including the number of chemical-based products in our homes.

“Toxic chemical exposure was once considered an

occupational hazard, but today harmful chemicals can be found in many everyday household products,” says LaShannon. Formaldehyde and formaldehyde derivatives, for example, are known to trigger asthma attacks and may cause cancer but are still found in some dishwashing liquids, cosmetics, fabrics and fabric softeners. They are also used to treat wood materials used in building homes, cabinets and furniture.

Another concern of the coalition is that chemicals that may be relatively safe on their own are not being tested for possible toxic interactions when they are combined.

“Regardless of how long it takes to put more stringent measures in place to safeguard the health of American families, you can make your voice and your vote heard at the cash register by purchasing safer products,” says LaShannon. She cautions, however, that you think twice before accepting a receipt at the grocery or department store as receipt paper is often coated with Bisphenol A (BPA). The U.S., Canada and European Commission have banned the use of BPA in the production of water and baby bottles because of its suspected links to cancer, heart disease and diabetes, as well as its possible effects in development and immune response in young children. **WC**

Your safer cleaning suggestions

Boiling Water – Pour boiling water in your sink to kill and rinse away raw food bacteria or flush boiling water down the drain or toilet bowl to kill germs. It’s cheap, safe and effective. ~ *Harriet, 79*

Vinegar – Mix vinegar with warm water to clean mirrors and windows, cut grease on your stovetop, and keep mold and mildew from building up in your shower.* ~ *Maria, 45*

Baking Soda – We grew up using baking soda to clean our teeth, whiten laundry and absorb odor in smelly shoes and refrigerators. It still works! It’s simple, safe and works great for scouring toilet bowls – and when used with a damp cloth, it gently cleans kitchen countertops and appliances. ~ *Bob, 75*

* *Vinegar should not be used on marble surfaces.*





We're on a mission.



www.komensouthernnevada.org • 702.822.2324

©2009 Susan G. Komen for the Cure®



Infant, Children & Parenting, pg. 30

Director: Holly Lyman

Staff: Shamika Abbott, CLE; Mickey Bachman, RN; Marie Bevins, RN, IBCLC; Vanessa Borja, RD, CLE; Evelyn Castillo; Natalia Cortes; Rony Cortez; Jennifer Findlay, CLE; Aneel Flores; Amy Godsoe; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Karen Hartling, CLE; Trianna Hunter, RN, CLC; Vicky Jeghir, CLC; Arla Leins, IBCLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel, MFT; Kim Riddle, CLC; Dorie Rodriguez, CLC; Linda Roth, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, CLC; Adela Victorio, CLE

Location abbreviations

- COND** - Siena Campus - Conference Room D, Henderson
- FTF** - Family to Family Connection, Henderson
- FTF WIC** - WIC, 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

summer calendar

OF CLASSES AND UPCOMING EVENTS

▶ health & wellness

Medicare ABCD's

Learn to decipher the Medicare maze to maximize benefits for you and your family.

Tuesdays – Aug. 14, Sept. 11 or Oct. 9; 9-10 a.m.

HEND

Thursdays – Aug. 9, Sept. 13 or Oct. 11; 9-10 a.m.

WEST

Communication through Sign Language

Learn basic signs to help with communication.

Three-week workshop for adults.

Fridays – Sept. 7, 14 & 21; 3-4:30 p.m.

HEND

Labyrinth Meditation – Fall Equinox

Celebrate the change of season with a meditative labyrinth walk.

Thursday, Sept. 20; 6:30-7:30 p.m.

SAN-Labyrinth Garden next to ER. Open 24 hours/7 days per week for reflection, prayer, centering or to celebrate milestones.

Healing with Rhythm Drum Circle

Bring a healthy food item to share.

1st Friday – Aug. 3, Sept. 7, Oct. 5; 6:30-8 p.m.

HEND

Relaxation Meditations

Practice techniques promoting peace and health.

2nd Tuesday – Aug. 14, Sept. 11, Oct. 9; 5:30-6:30 p.m.

HEND

1st Tuesday – Aug. 7, Sept. 4, Oct. 2; 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. 14, Sept. 11, Oct. 9; 6-8 p.m.

WEST: \$5

Tea & Talk Book Club

3rd Thursday – Aug. 16, Sept. 20, Oct. 18; 2:30-3:30 p.m.

HEND

Essential Oils

Enjoy an evening learning how to incorporate essential oils into home and personal use.

Wednesday, Sept. 26; 6-7:30 p.m.

HEND

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

WEST

Girl Talk

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

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

HEND

Choosing to Wait

Join Mickey Bachman, R.N., for a discussion on recognizing the beauty of your body and the gift of chastity. Teens ages 12-15 with parents.

Wednesday, Oct. 3; 6-7 p.m.

HEND

Knit to Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for a sick friend or loved one). Yarn donations also appreciated!

Learn to knit or crochet: 2nd & 4th Thursdays – Aug. 9 & 23, Sept. 13 & 27, Oct. 11 & 25; 10:30 a.m.-noon

HEND

2nd & 4th Thursdays – Aug. 9 & 23, Sept. 13 & 27, Oct. 11 & 25; 1-3 p.m.

WEST

Senior Peer Counseling

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

HEND; WEST; RDL; SAN

Help Helping Hands!

Needed: Volunteers to drive Henderson seniors to doctor's appointments and errands.

Call 616-6554 if you can help.

Walk in Memory – Walk for Hope

Suicide Prevention Awareness and Memorial Walk.
Call 486-8225 or visit nvsuicideprevention.org for details.

Saturday, Sept. 15; 8 a.m.
Bob Miller Middle School

- 1. WomensCare Center - Henderson**
100 N. Green Valley Parkway, Suite 330
- 2. Siena Campus**
3001 St. Rose Parkway
- 3. Rose de Lima Campus**
102 E. Lake Mead Parkway
- 4. Family to Family Connection**
31 Church Street
- 5. San Martín Campus**
8280 W. Warm Springs Road
- 6. WomensCare Center - West**
7220 S. Cimarron Road, Suite 195
- 7. HEND WIC**
100 N. Green Valley Parkway, Suite 215

Call **616-4900** for information and reservations.

summer calendar

OF CLASSES AND UPCOMING EVENTS

InFLUence Others: Get Vaccinated!

No cost seasonal flu and pneumonia shots offered on a first-come, first-served basis by SNIHC. Vaccines recommended for everyone six months and older. Pneumonia shots available for adults age 65+, ages 19-64 who have asthma or smoke and anyone two years and older with medical conditions such as HIV, sickle cell disease or diabetes.

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

HEND

Saturday, Sept. 22; 10 a.m.-1 p.m.

MAC

Monday, Oct. 15; 9 a.m.-noon

RDL: Saint Therese Center



Tuesday, Oct. 23; 7-10 a.m.

WEST

Friday, Nov. 9; 10 a.m.-1 p.m.

HERITAGE PARK SENIOR FACILITY

Wednesday, Nov. 14; 9 a.m.-noon

SAN

Saturday, Dec. 8; 10 a.m.-1 p.m.

MAC

Chair Exercise

Practice stretch, strength and balance movements while seated in a chair!

Mondays – 9-10 a.m. with Paige

HEND: FREE

Tuesdays – 10-11 a.m. with Lynn

WEST: FREE

Belly Dancing

2nd Saturday – Aug. 11, Sept. 8, Oct. 13; 10:30 a.m.-noon

with Goldie

WEST: FREE

nutrition

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit a SNAP application free of charge. Call 616-4905 to book an appointment.

Saturdays; 8 a.m.-noon

HEND: WIC

Weekly Weight Management Club

Group meets weekly to help you reach your goals. Facilitated by St. Rose Registered Dietitians.

Fridays – 9:30 a.m.

HEND

Nutrition Consultations

Meet one-on-one with a Registered Dietitian. All insurances welcome and cash discounts available.

Call 616-6545 for an appointment and pricing.

Carbs. The New Evil?

Learn the good, bad and ugly of how carbohydrates affect your body, metabolism and appetite, from Dr. Dominic Riccardi.

Wednesday, Sept. 26; 6-7:30 p.m.

WEST

DASH away from Hypertension

Learn the Dietary Approaches to Stop Hypertension. Developed by the USDA for lowering blood pressure.

Wednesday, Sept. 12; 9-11 a.m.

HEND

Cardiac Nutrition

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

Wednesday, Aug. 29; 10-11:30 a.m.

HEND

Thursday, Oct. 18; 10-11:30 a.m.

WEST

Emotional Eating

Learn your personal triggers and skills to stop emotional eating from Dr. Lindsey Riccardi.

Wednesday, Aug. 29; 6-7:30 p.m.

WEST

exercise & fitness

Dragon Boat Paddling: Individuals

Experienced and beginner dragon boat paddlers are invited to join others for fun and fitness on Lake Las Vegas. Dates, times and registration at meetup.com/LVDragonBoatClub.

Team practices available (10-20 paddlers). Call 616-4914.

LLV: \$10 per person

Pink Paddlers Breast Cancer Survivor Team Practices

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

1st & 3rd Mondays – Aug. 6 & 20; 6:30-7:30 p.m.;

Sept. 3 (CXLD) & 17; Oct. 1; 6-7 p.m.

LLV: FREE

Walk this Way: Walking Club

All ages, 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

Breathing, yoga and movements 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: \$5 per session or 5 sessions for \$20

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

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

Beginner's Yoga (for all levels)

Learn 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, 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 graceful Chinese martial art moves for relaxation and to improve balance.

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

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

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

▶ 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, Sept. 18; 7-10 a.m.
HEND: FREE. Call for appointment
Tuesday, Oct. 23; 7-10 a.m.
WEST: FREE. Call for appointment

Peripheral Artery Disease Screening

Let St. Rose's Radiology Department screen you for signs or symptoms of PAD.
Thursday, Sept. 27; 8 a.m.-noon
HEND, REHAB SUITE 140: FREE. Call for appointment

Becoming Medicine Wise

Meet individually with Pharmacist, Krystal Riccio, to discuss how your prescription and over-the-counter medications should be taken for efficacy and to avoid negative interactions or side effects.
Wednesday, Sept. 19; 9 a.m.-noon
HEND: FREE. Call for appointment
Wednesday, Oct. 17; 9 a.m.-noon
WEST: FREE. Call for appointment

Health Screenings

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, Thyroid panel (TSH, T3 & T4) \$15, A1C (diabetes) \$10. A 12-hour fast is required.
Tuesday, Sept. 18; 7-10 a.m.
HEND: Prices listed above: Call for appointment
Tuesday, Oct. 23; 7-10 a.m.
WEST: Prices listed above: Call for appointment

Do You See What I See?

Join The Shepherd Eye Center for a free eye screening, prescription check and education about glaucoma and other eye ailments.
Wednesday, Sept. 26; 10 a.m.-noon
HEND: FREE. Call for appointment
Wednesday, Oct. 24; 10 a.m.-noon
WEST: FREE. Call for appointment

The Aging Eye

Learn how aging affects eye health and vision from Nevada Eye Care. Free basic eye screenings following program.
Monday, Aug. 27; Noon-1:30 p.m.
HEND: FREE. Call for reservations
Friday, Sept. 14; Noon-1:30 p.m.
WEST: FREE. Call for reservations

Discounted Digital Mammograms

Schedule a digital screening mammogram for only \$75 at Nevada Imaging Centers. Call 214-9729 to book an appointment.

R.E.D. Rose Program

Uninsured or underinsured? Under age 50? You may qualify for a free mammogram. Call 492-8557. Funded by Susan G. Komen for the Cure®, the National Breast Cancer Foundation, the Rose Regatta and the Avon Foundation.

▶ integrative medicine

Energy Healing Circle

Experience and learn the healing power of energy through a monthly Reiki circle.
2nd Tuesdays – Aug. 14, Sept. 11, Oct. 9; 6:30-7:30 p.m. with Freddie
HEND
1st Tuesdays – Aug. 7, Sept. 4, Oct. 2; 7-8 p.m. with Freddie
WEST

Energy Healing Consultations

Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes. Call 281-9212.
Tuesdays – Aug. 14, Sept. 11, Oct. 9; 1:45-3:15 p.m.
HEND: \$30-30 mins.; \$60-60 mins.
WEST: \$30-30 mins.; \$60-60 mins. Call 281-9212 for appointment

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 to schedule an appointment.
HEND: \$30-30 mins.; \$60-60 mins.
WEST: \$30-30 mins.; \$60-60 mins.

Lay Down & Lose Weight with Hypnosis

Reprogram your weight loss goals through deep relaxation and affirmations. Bring a pillow.
Wednesday, Aug. 21; 6-8 p.m.
HEND: \$25 (includes CD)
Wednesday, Sept. 12; 6-8 p.m.
WEST: \$25 (includes CD)

▶ smoking cessation

Freedom From Smoking

Kick the habit with group support in a seven-week American Lung Association program.
Tuesdays – Aug. 21, 28, Sept. 4, 11, 18, 25, Oct. 1 & Thursday, Sept. 13; 5:30-7 p.m.
SAN: FREE

Dinner with a Doc

Learn the latest medical advances and enjoy a FREE dinner. Call to register.

Looking for "Dr. Right"

Dr. John Rhodes discusses how to find your partner in health care and make each appointment count! Plus, learn what preventive screenings you need based on the newest guidelines.
Monday, Sept. 10; 6-7 p.m.
SAN: FREE

Bariatric Surgery FAQs

Are you a good candidate? Learn the pros, cons and various methods of bariatric surgery from Dr. Thomas Umbach.
Thursday, Sept. 13; 6-7:30 p.m.
RDL: FREE

Autism Answers

Learn about key milestones in your child's development and how to recognize the signs of autism. Dr. Rooman Ahad explains the importance of early intervention and how current treatment and therapies can help.
Monday, Oct. 1; 6-7 p.m.
MAC: FREE

Relax & Stop Smoking With Hypnosis

Reprogram yourself to be smoke free through guided relaxation and positive affirmations. Bring a pillow.
Wednesday Aug. 22; 6-8 p.m.
HEND: \$25 (includes CD)
Wednesday, Oct. 3; 6-8 p.m.
WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

1-800-QUIT-NOW (1-800-784-8669) or livingtobaccofree.com

▶ health conditions

Healthy Aging: Up2Me

Benefit from Stanford's six-week Chronic Disease Self-Management Program, which focuses on regaining control of your life through goal setting, overcoming barriers, practical exercises, relaxation techniques and more!
Mondays – Oct. 29 through Dec. 3; 10 a.m.-12:30 p.m.
West Charleston Library: Call 507-3964 to register.

summer calendar

OF CLASSES AND UPCOMING EVENTS

Back-to-School Clinic

Sports physicals, car seat safety checks, dental, vision and asthma screenings, plus no cost immunizations provided on a first-come, first-served basis by SNIHC. Please bring your child's shot records. For other dates and locations, visit snicnv.org.

Saturday, Aug. 25; 10 a.m.-1 p.m.
MAC

Diabetes Self-Management Program

Benefit from Stanford's type 2 diabetes program that emphasizes disease self management through mutual support and goal setting. Designed to complement your current medical treatment as a way to regain control of your life.
Thursdays – Sept. 6 through Oct. 11; 12:30-3 p.m.
HH
Tuesdays – Sept. 11 through Oct. 16; 9:30 a.m.-noon
WEST

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.
Tuesdays & Wednesdays – Aug. 14 & 15, Sept. 11 & 12 or Oct. 9 & 10; 9 a.m.-1:30 p.m.
Tuesdays & Wednesdays – Aug. 28 & 29, Sept. 25 & 26 or Oct. 23 & 24; 5-9:30 p.m.
HH

Pre-diabetes – Avoid the Avoidable

Join the St. Rose Dietitian and Diabetes Education Team to learn how to avoid and/or delay the onset of diabetes. Don't wait for the diagnosis!
Wednesday, Sept. 5; 5-7 p.m.
HEND

CHAMP

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

NEW Heart-to-Heart Support Group

Overcome challenges of your life-changing heart procedure in an understanding, supportive group setting. Caregivers welcome.
1st Tuesday – Aug. 7, Sept. 4, Oct. 2; 6-7 p.m.
SAN

Lower Cholesterol with TLC (therapeutic lifestyle changes)

Get your numbers right through nutrition, exercise, relaxation and supplementation.
Thursday, Aug. 23; 9 a.m.-noon
WEST

Alzheimer's Activities for Advanced Disease

With Christine Terry, Alzheimer's Association.
Thursday, Oct. 11; 2-4 p.m.
HEND

NEW Better Breathers Club

American Lung Association's support group for learning new skills and information to manage chronic lung disease. Caregivers welcome.
1st Thursday – Aug. 2, Sept. 6, Oct. 4; 10-11 a.m.
SAN; new location

World COPD Day Celebration

Individuals with chronic lung disease, their families and caregivers are invited for: no cost flu and pneumonia vaccines, spirometry screenings, medication reviews, blood pressure checks, CO screenings, smoking cessation information, and a lunch lecture with Dr. Wilson Watanabe.
Wednesday, Nov. 14; 10 a.m.-noon
SAN

Breast Cancer Survivor Workshop

Manage your survivorship through nutrition, humor, massage and education. Call The Center for Compassionate Care at 796-3167 for times and location.
Wednesday – Oct. 3, 10, 17 & 24

Breast Cancer Prosthesis & Bra Fittings

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

▶ safety & injury prevention

Keep it Safe at Home

Learn about hidden risks for injuries, fire, choking, poisoning and asthma. Also get the Nevada Healthy Homes Partnership checklist of safe ways to clean and care for your home.
Wednesday, Oct. 3; 6-7:30 p.m.
HEND

Falls Management & Mobility Clinic

Have you fallen? Been injured by a fall or become fearful of falling? Are you 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.
Saturday, Aug. 4; 11 a.m.-3 p.m.
Tuesday, Sept. 11; 5-9 p.m.
HEND: \$30 (includes AHA cert. card)
Wednesday, Aug. 15; 5-9 p.m.
Saturday, Oct. 20; Noon-4 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, Sept. 8; 11 a.m.-3 p.m.
Saturday, Oct. 6; 11 a.m.-3 p.m.
HEND: \$50 (includes AHA cert. card)
Saturday, Aug. 11; Noon-4 p.m.
Wednesday, Oct. 17; 5-9 p.m.
WEST: \$50 (includes AHA cert. card)

Worksite CPR & First Aid Classes

Group AHA CPR, AED & First Aid classes offered at your worksite. 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 – Sept. 10 or Oct. 15; 9 a.m.-1 p.m.
Fridays – Aug. 24, Sept. 28 or Oct. 26; 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, Aug. 13; 9 a.m.-4:30 p.m.
HEND: \$20 (includes lunch)

Sexual Assault Prevention

Learn "how not to" become a sexual assault target plus basic self-protection moves from Officer Raymond Wilkins, Henderson Police Department.
Saturday, Oct. 20; 10 a.m.-2 p.m.
RAN

▶ programas en español

¿Necesita a una Doctor Que Hable Español? Llame al 616-4900.

Tomando Control De Su Salud En Español

Esta clase es para el manejo de las enfermedades crónicas. Para obtener más información o para registrarse llame al 564-0896.
Martes, 29 de Octubre y 5, 12, 19, 26 de Noviembre y 3 de Diciembre, 2:00 p.m. - 4:30 p.m.
Biblioteca de West Charleston

Tomando Control De Su Diabetes

Esta clase es para el manejo de diabetes. Para obtener más información o para registrarse llame al 564-0896.
Viernes, 7, 14, 21, 28 de Septiembre y 5, 12 de Octubre, 1 p.m. – 3:30 p.m.
Biblioteca de James I. Gibson, Henderson

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

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 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 & Sales

Rent or buy (based on your needs and budget) a Medela Lactina or Symphony breastpump. The full line of Medela breastpumps is also available 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 Saturday – Aug. 18, Sept. 15, Oct. 20; 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 – August 23, September 27, October 25; 10-11 a.m.
FTF

▶ pregnancy & childbirth

Call 616-4900 (24 hours, 7 days a week) for class dates and more information.

Text4baby

Text BABY to 511411 and get FREE messages on your cell phone to help you through your pregnancy and your baby's first year.

Pregnant and Uninsured?

Call Baby Rose at 492-8595. Pregnancy and childbirth classes are free for Baby Rose participants.

Sweet Peas NICU Support Group

Parent educational support.
Wednesdays – 1-2 p.m.
SGR

Prenatal Yoga

Bond with 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, Aug. 22; 6:30-8:30 p.m.
Saturday, Sept. 15; 6:30-8:30 p.m.
Wednesday, Oct. 24; 6:30-8:30 p.m.
WEST

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 - 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**
Better Breathers Club - 1st Thursdays, 10 a.m. **SAN**
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**
Heart to Heart Support Group - 1st 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**
Suicide Prevention Lifeline - 1-800-273-8255
Surviving Suicide - Bereavement support group for adults 1st & 3rd Tuesdays, 6:30 p.m. **HEND**
Transitions - 1st & 3rd Tuesdays, 11 a.m. **HEND**
Widows Support - 1st & 3rd Tuesdays, 2 p.m. **HEND**

Asthma Kids Club

Calling all Flu-Free Superheroes! Learn to fight the flu and combat asthma.

- Asthma screenings, lung tests, FREE peak flow meters and spacers
- No cost flu shots for the whole family
- Allergy and asthma health vendors and medication checks with pharmacist
- Conversations with Dr. Sean McKnight and Dr. Craig Nakamura
- Fun activities, games, snacks and Superhero attire is welcome

Call 616-4900 to register.

Saturday, Sept. 22; 10 a.m.-1 p.m.
MAC



summer calendar

OF CLASSES AND UPCOMING EVENTS

▶ *infants, children & parenting*

Call 616-4900 for FTF, HEND and WEST programs

St Rose WIC Nutrition Program

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

HEND WIC; WEST; FTF: Services extended to – Family to Family Henderson, 102 E. Lake Mead

Learn & Grow Garden Class

Thursdays – Sept. 6 & 20; Oct. 4 & 18; 10-11 a.m.

FTF WIC



Ongoing Family Education Classes

Prepared Childbirth Classes - \$50 - HEND & WEST

Childbirth Express - \$35

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 616-4900 to register (24 hours, 7 days per week)

WIC Immunization Clinic

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

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

HEND WIC: Call to register.

Dancing with Miss Jenny®

Encourage your child's motor and cognitive skill development with silly moves, props and parent participation. Call to register.

Thursdays – 11:15-11:45 a.m. (18 months- four years)

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

HEND: FREE

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

WEST: FREE

Fridays – 11:30 a.m.-noon (18 months-four years)

FTF: FREE

Car Seat Safety Checks

Call 616-4902 for appointment.

Fridays – Aug. 10 & 24; Sept. 7 & 21; Oct. 5 & 19; 3-5 p.m.

HEND

Wednesdays – 10 a.m. to noon

WEST

Home Installations \$50, call 706-2522

Mommy & Baby Yoga

Moms and babies ages six weeks-one 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: Music and Moves

Toddlers three and under join Family to Family Las Vegas West & Family to Family South.

Tuesdays – 11:30 a.m.-12:15 p.m. or 12:30-1:15 p.m.

HEND WIC

Tuesdays – 3-4 p.m.

WEST

Infant Development: On the Grow

Join Family to Family for a weekly playgroup geared for babies up to age one.

Mondays – 2-3 p.m.

HEND WIC

Sing and Sign: Food Time

Sign language fun with Miss Shannon focusing on ASL Signs for healthy foods. Parents with babies birth-two years.

Tuesdays – 2-2:30 p.m.

HEND WIC

Infant Nutrition

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

Wednesdays – 2-3 p.m.

HEND WIC

Wee Can Sign: Baby Sign Language Level I

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

Fridays – Sept. 7, 14, 21, 28; 10:30-11:30 a.m.

Fridays – Oct. 12, 19, 26 & Nov. 2; 10:30-11:30 a.m.

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

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

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

Saturdays – Oct. 6, 13, 20, 27; 12:30-1:30 p.m.

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

For more information, log on to WeeCanSign.com

Sing and Sign: Baby Sign Language Level II

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

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

Thursdays – Oct. 4, 11, 18, 25; 11:30 a.m.-12:30 p.m.

Saturdays – Oct. 6, 13, 20, 27; 2-3 p.m.

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

For more information, log on to WeeCanSign.com

Love & Logic: Early Childhood Made Fun!

Learn practical skills for handling frustrating parenting concerns. For parents of children birth to age six.

Tuesdays, Sept. 11, 18, 25 & Oct. 2, 9; 2-4 p.m.

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

Nevada Check-Up Enrollment Assistance

Is your child without health insurance? Get help applying for NV Check-Up insurance for children.

2nd Tuesdays – Aug. 14, Sept. 11, Oct. 9; 10 a.m.-noon

FTF

Kickin' It with Baby – Teen Parent Program

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

Call for dates

FTF

Toddlers in the Kitchen and Garden

Engage your toddler in healthy eating through fun tips and activities. Ages one to four.

Wednesdays; 10-11 a.m.

Call to register

FTF

Crawlers & Climbers

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

1st & 3rd Fridays – Aug. 3 & 17, Sept. 7 & 21, Oct. 5 & 19; 10-11 a.m.

FTF

Teenie Halloweenie Party

Crafts, story time and keepsake Pumpkin Patch photos. Ages birth-five years.

Thursday, Oct. 25; 11:30 a.m.-1:30 p.m.

FTF

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

Is today a tough cookie day?

It's a simple, caring and thought-provoking question Jaime Weller-LaFavor asks her spirited — sometimes contrary — 10-year-old daughter, Caitlyn.



“We all have days when we wake up on the wrong side of the bed or react negatively when we feel like the rest of the world has,” says Jaime. “When Caitlyn is having one of those days, I ask her if she is having a ‘tough cookie’ day.”

Jaime uses the “tough cookie” term because Caitlyn loves to bake — and eat — cookies. “It’s an easy analogy that she can visualize,” says Jaime. “She doesn’t like hard cookies but warm, fresh cookies are her favorite.”

By asking Caitlyn if she’s having a “tough cookie” day, she gives her daughter the opportunity to adjust her attitude and actions before they escalate to the point that she gets in trouble and faces consequences. The “tough cookie” terminology, says Jaime, is also much more palatable than other terms frustrated parents might blurt out when dealing with an agitated, contrary or misbehaving child.

“Negativity begets more negativity,” says Jaime. “The ‘tough cookie’ term works for Caitlyn because she sees it as an opportunity to reframe her attitude, rather than as a put down.” **WC**

- ▶ **What does “tough cookie” mean?**
Tough cookie is an idiom often used to describe someone who is hard to deal with. Some people also use tough cookies in place of the term “tough luck.”
- ▶ **What’s your tough cookie terminology?**
Do you have a term or phrase that helps your child get a handle on their negative attitude or behavior without dashing their self esteem?
- ▶ **Got milk?** A quick dip in a glass of milk can make a tough cookie tastier and easier to chew, but dip it too long and it can become soggy and disintegrate. How do you take the edge off your “tough cookie” days — or your attitude — without crumbling or getting all mushy and overly emotional?

When little girls grow up

It seems as if little girls are growing up faster than ever before. That’s why the Barbara Greenspun WomensCare Centers of Excellence offer mothers and daughters a safe, supportive setting to discuss topics such as puberty and chastity in this fast-paced world.

Girl Talk

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

Thursday, Sept. 27; 6-7 p.m.
HEND

Choosing to Wait

Join Mickey Bachman, R.N., for a discussion on recognizing the beauty of your body and the gift of chastity. Teens ages 12-15 with parents.

Wednesday, Oct. 3; 6-7 p.m.
HEND



**St. Rose
Dominican Hospitals.**

A Dignity Health Member

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

Non-Profit
Organization
U.S. Postage
PAID
St. Rose
Dominican Hospitals

Postmaster: Please deliver within August 1-4.

Clean Soft Water & Safe Great-Tasting Drinking Water

NON-ELECTRIC • SODIUM-FREE*

Kinetico's Benefits

- Protects your plumbing & water using appliances
- Softer, smoother skin & silkier hair
- Cleaner, whiter, brighter laundry with less fading
- Save time cleaning and money on cleaning products
- Self-cleaning, maintenance-free systems designed to last over 30 years
- Over 20 models to choose from

Systems Naturally Remove

- Bad Taste & Odor
- Chlorine & Chemicals
- Hardness & Scale
- Harmful Bacteria
- Viruses
- Pharmaceuticals



Try

Whole House Water
Conditioning & the World's
Best Drinking Water System

\$9.50
only

Introductory Trial
Homeowners Only
O.A.C.

Save Electricity, Water, Time & Money!

Call Our Local Las Vegas Office Today


1-888-748-1935

Tracking #M14

For More Details Visit

Kwater.com

*Delivering Quality Water to
Las Vegas for Over 30 Years*

*Using K-Life, NSL #46462 



 **Kinetico**[®]
water systems

Kinetico Quality Water Systems of Las Vegas
Authorized, Independent Kinetico Dealer