

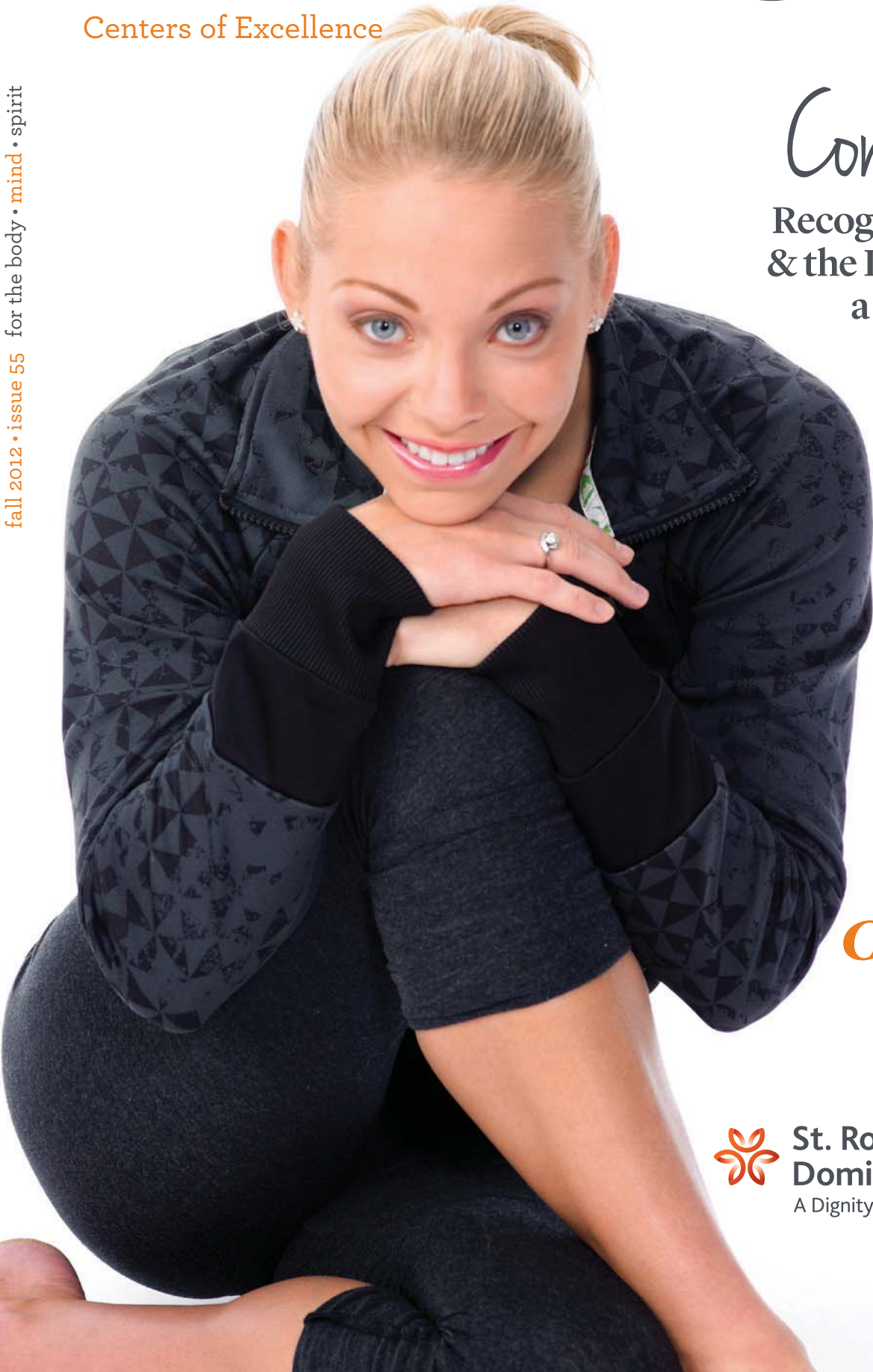
The Barbara Greenspun

WomensCare

Centers of Excellence

strosehospitals.org

fall 2012 • issue 55 for the body • mind • spirit



Concussion

Recognize the Signs
& the Importance of
a Full Recovery

pg. 12

Personalized Surgery:

From knee
replacement
to breast
reconstruction

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COCOON
infants from
infection

pg. 15

HEY YOU!
*C'mon, get
happy!*

pg. 31



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



Upcoming Gifts!

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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,

During St. Rose Dominican Hospitals' 65th anniversary year, we are paying tribute to our Adrian Dominican Sisters – from the Sisters who founded our hospitals to those who continue to inspire our work today. Our Sisters are, however, selfless souls – so much so that when we recognize them, they quickly redirect the spotlight to focus on the important work their mission-oriented coworkers and partners are doing at St. Rose and in our community. As such, we are also redirecting the spotlight.

Dr. Florence Jameson is a great example of a mission-minded woman. When Dr. Jameson was a young girl growing up in California, her family fell on hard times. Her mother became the sole breadwinner of the family and was no longer able to afford a Catholic education for her five children. Thankfully, an order of Catholic Sisters empathized with her mother and provided tuition-free educations for all five children.

Dr. Jameson credits the Sisters with shaping her core values. She even considered becoming Sister Florence, but God had other plans for her. Dr. Jameson now has a thriving obstetrics practice. In addition, she is the founder of Volunteers in Medicine of Southern Nevada (VMSN) – the nonprofit, volunteer-run medical clinic that provides free and charitable health care and wellness services to the working uninsured and unemployed residents of southern Nevada.

Please take a few minutes to read *Women's Work* on page 9 to learn more about Dr. Jameson and VMSN.

Understanding Concussions

Concussions are a concern for athletes in high-impact sports and athletic performers. Amber, an athletic performer on the Las Vegas Strip, understands the concussion risk that athletes face, but suffered her only concussion when her car was struck by another automobile. That is why, she says, everyone should know the symptoms of concussion and what to do if you suffer from one. Read more on page 12.



Q: What has swung, bopped, twisted, rocked, rolled and boogied through more than five decades and is still going strong?

A: It's the St. Rose Dominican Hospitals' Annual Mardi Gras Ball.

Help St. Rose celebrate its 56th Annual Mardi Gras Ball and enjoy a retro evening that revisits high points in music, dance and fashion. All proceeds from sponsorships, tickets, auction sales and donations will help fund the expansion of the Level III Neonatal Intensive Care Unit (NICU) at St. Rose Dominican Hospitals – Siena Campus.

Saturday, February 23, 2013, The Mirage

For more information, call 616-5762 or visit supportstrose.org.



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 commitments to the women of southern Nevada.

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Scott and Stephanie's SUCCESSFUL HIP REPLACEMENT STORIES

If you're one of the hundreds of thousands of adults who will have a hip replacement in the next year, Scott Alberhasky has a message for you, "I've already done the leg work."

Scott had polio as a child and lost the use of his left leg, so his right hip has done double duty to help move him along for more than 40 years. "I've never considered myself disabled, but I was concerned that I might be incapacitated for six to eight weeks after traditional hip replacement surgery," says Scott. "I did a great deal of research to find a hip replacement technique that met my needs for a shorter recovery time and a reduced pain level." Those are surgical advantages Scott believes all hip replacement patients would prefer.

Scott spent hours reading articles and watching surgical videos on the Internet. He also asked orthopedic surgeon, Dr. Mario Quesada, a myriad of questions before making a decision to have anterior hip replacement, a relatively new technique of replacing a worn out or injured hip from the front of the body (anterior) rather than the back (posterior/traditional) or side (lateral).

The key advantage of anterior hip replacement was that it allowed Dr. Quesada to replace Scott's hip by operating between the natural spaces of the muscles in his groin rather than cutting muscle and tissue from the bone and reattaching it after his new hip was placed – as is the process during a traditional hip replacement.

"I was sore and swollen after surgery, but my pain was much lower than I expected – and because none of my muscles were cut, they were strong enough to give my



new hip instant stability,” says Scott. “Even though I got out of surgery rather late in the evening, I was up moving and taking part in physical therapy by 9 a.m. the next morning. I was bending at the hip in just a few days and walking well in just three weeks.”

Like Scott, Stephanie Pacheco Pando also chose anterior hip replacement – and because it wasn’t her first hip replacement – she has a comparison to draw from.

“I have a condition called avascular necrosis that caused the head of my femurs to decay,” says Stephanie. “I’ve had years of physical therapy, numerous bone decompressions and a left hip replaced in 2010, followed by hip revision surgery on that same side just eight months later due to complications.”

When it was time to replace Stephanie’s other hip, she sought out the opinion of Dr. Quesada, who suggested anterior hip replacement. “The recovery processes for anterior hip replacement and a traditional hip replacement are as different as night and day,” says Stephanie. “I was walking and able to shower less than one day after anterior hip replacement on my right hip. I wasn’t able to do that for at least three weeks after my left hip was replaced.”

Stephanie says that if she had known about anterior hip replacement two years ago, she would not have had her hip joints replaced any other way.

If you are interested in learning more about anterior hip replacement, visit strosehospitals.org. **WC**

► Personalized knee replacement

Knee replacement is common among middle-aged and older adults facing knee pain, but iTotal® – a personalized knee replacement technique – is no run-of-the-mill solution. “Traditional knee replacement implants require the surgeon to cut bone during surgery in order to fit your anatomy to ‘off the shelf’ sized implants,” says Dr. Robert Tait. “The new iTotal® implant allows us to design an implant to fit your unique frame.”

Doing so, Dr. Tait says, allows surgeons to preserve as much of the bone in your knee and femur as possible. It also allows the implant to be better aligned to your unique anatomy, which results in a more comfortable implant and, in most cases, a quicker recovery and return to everyday activities, including exercise and sports. To find an orthopedic surgeon trained in the iTotal® knee replacement technique, call 616-4900.

Advantages to anterior hip replacement

- Less internal trauma to muscle and tissue
- Less post-surgical pain and need for pain medications
- Shorter hospital stay
- Preservation of muscle strength
- Few to no hip motion or weight bearing restrictions
- Reduced hip dislocation risk
- More accurate restoration of leg length



Looking for a St. Rose orthopedic surgeon who performs anterior hip replacement?

Call 616-4900 or visit strosehospitals.org.

Health care or holiday shopping?

November and December are busy, hustle and bustle holiday months, but should going for your annual mammogram, a teeth cleaning or an annual eye exam be more important than shopping? The obvious answer is that good health is your greatest gift and should be your priority, but taking care of preventive health screenings or nagging health problems now may also save you money in the new year.

According to *MONEY Magazine*, if you have already paid your medical deductible for this year, you will likely owe only your co-insurance or co-pay for routine screenings or health problems you have ignored, but if you wait until the new year, you may have to cough up another deductible before your insurance coverage kicks in.

If you have a Flexible Spending Account (FSA) that allowed you to put up to \$5,000 pretax aside to cover this year’s medical care, you can reduce next year’s health care costs by getting preventive screenings and other medical needs taken care of now. Nearly half of companies that offer FSAs require you to use the funds by December 31. Other employers may offer you a grace period to use your 2012 FSA funds in the first month or quarter of 2013.

If you are not sure of what preventive services your insurer will cover for you based on your age, gender, health status and family history, visit healthcare.gov to find out.

Could your medical costs be deductible?

Did you know that medical expenses above a certain amount (usually 7.5 percent of your adjusted gross income) may be tax deductible if you itemize? If you have spent close to that amount, it may make sense to take care of other covered health expenses this year to push you over the threshold, so you can deduct such expenses.



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Yoga offers something for everyone and every body

Looking for a supple and sleek body, a sunnier outlook, a steamier sex life or a much-needed sense of calm? Take a deep breath and when you exhale, say “yoga.” Today’s yoga classes – offered at gyms, grassy parks, Lake Las Vegas and our very own WomensCare Centers – offer something for everyone and every type of body.

Move more gracefully through menopause. Menopause is the end of menstruation, which women often welcome, but the months and years leading up to and following this change can be some of a woman’s most challenging. Practicing yoga may help women better cope with hormonal fluctuations that lead to symptoms such as hot flashes, anxiety, irritability and insomnia.

Be ready body, mind and breath for baby. If you’re pregnant, prenatal yoga is an excellent way to physically, mentally and emotionally prepare for the delivery of your

baby. It may not ensure that you will have the picture-perfect birth, but it may help you better adapt if your delivery does not go according to plan.

Cross train and gain focus and flexibility. Athletic sports training can build strength and endurance but may cause an imbalance that leaves you weak and inflexible in some areas of your body. Yoga can help develop the core strength, focus and flexibility that help athletes – from the paid professional to the in-it-to-win-it weekend warrior – better balance bodies and minimize their risk of overuse injuries. **WC**

▶ **Get on board the new yoga mat – a paddle board!** Enjoy Stand Up Paddle Board Yoga classes on Lake Las Vegas. Classes are offered every Friday night – even during cooler weather months – at 4:30 p.m. and 5:30 p.m. at the Lake Las Vegas Marina. Call 843-367-4130 to register. Beginner and Private lessons are available.

Life Line screening

Do you have high cholesterol or high blood pressure? Have members of your family suffered from these ailments? Do you have a poor diet? You may want to consider being screened for your risk of stroke. Screenings include ultrasound of carotid arteries, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation.

Call 1-800-690-0295 or visit lifelinescreening.com for more information or to pre-register. 10 locations: \$139 (Mention code PSRD001 to receive a \$10 discount).

Remembering Ruth, our valued volunteer

Thirty years is a long time to spend at any job (particularly if you don’t get paid). While Ruth Dobberstein’s three decades of volunteer work at St. Rose did not line her pockets, it did fill her soul. St. Rose remembers Ruth for her giving spirit and recognizes the dedication of all our valued volunteers.



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Nov. 2 and 3

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Women's Work



Decades ago, a *Las Vegas Review-Journal* reporter described St. Rose's Adrian Dominican Sisters like this: "Try to picture six patient, tolerant, selfless Sisters of the cloth working around the clock ... to stem a flood of sickness and injury, death and accidents, birth and new life that descends upon them without letup, 24 hours a day."

It's been 65 years since the Sisters founded St. Rose Dominican Hospitals and much has changed for them and for women in general. In the 1940s, the careers and life choices of women were limited, so more women chose to become Sisters. While far fewer women live a religious life devoted to serving God as Sisters these days, Sister Phyllis Sikora, Vice President of Mission Integration for the Rose de Lima Campus, points out that some women are still called to use their professional skills, talents and mission-minded natures to help those in need.

Dr. Florence Jameson is just that kind of woman. When she considers that 12 percent of southern Nevadans are unemployed and nearly one fourth are uninsured, she can't help but be concerned. "So many people have fallen on hard times – often through no fault of their own. I know because it has happened to my family," says Dr. Jameson. "I've been blessed to be the recipient of help from other people throughout my life, so my aim is to see that the unemployed and uninsured receive the care they need to get their lives back on track."

Most would consider Dr. Jameson a "helper." It's because of her nature – and the nurturing she received – that she formed Volunteers in Medicine of Southern Nevada

(VMSN), a free and charitable medical clinic.

"My parents faced economic hardships, and unfortunately, my father chose to make money in an illegal way, ending up in jail," says Dr. Jameson. "My mom worked multiple jobs to try and feed five children, but we were still very poor."

A family physician and a group of Catholic Sisters took mercy on her family and saw to it that she and her siblings got the medical attention and the schooling they needed. Dr. Jameson was in awe of the Sisters and dreamt of following in their footsteps but eventually decided to become a doctor. When she interviewed for medical school, she said, "I want to open a free medical clinic."

It took Dr. Jameson more than two decades to bring her mission to life, but she says she had to marry, become a mom, manage a family and her own obstetrics practice (which she has done for 28 years) to gain the wisdom and wherewithal necessary to run a free medical clinic. Nevada also had to address the medical malpractice crisis that plagued the state in the early 2000s. "There

were many doctors who wanted to help, but their hands were tied because of Nevada's skyrocketing malpractice insurance rates," she says. "Once that issue was addressed, we were able to move forward."

In 2008, Dr. Jameson – with the assistance of public leaders, physicians and other health care professionals – moved forward and VMSN was born. Two years later, VMSN opened a medical clinic in Paradise Park, 4770 Harrison Drive, Suite 200 (near Tropicana and Eastern). The nonprofit organization is currently raising funds to open a second location downtown.

VMSN provides adult and pediatric primary care, preventive and acute care, newborn checkups and immunizations, diagnostic tests, medications, screenings for breast, cervical and colorectal cancer, and education for those who do not have access to health care. To learn more about VMSN, visit vmsn.org or call 967-0530. **WGC**

St. Rose is proud to have provided VMSN \$125,000 in grant funding over the past three years to help see that the most vulnerable members of our community receive medical care.

▶ **Helping others help those in need.** St. Rose awarded \$305,695 this year to 10 nonprofit organizations committed to meeting specific health and welfare needs of our community's vulnerable populations.

A Sunny Outlook
ABOUT LIFE AFTER
STROKE



She has survived three bouts of lung cancer, kidney failure and a kidney transplant, but Sunny's positive disposition was put to its greatest test after a major stroke robbed her of the ability to speak and use most of her right side, including her hand.

► **Stroke survivor club and aphasia lunch bunch.** The WomensCare Centers offer social and supportive opportunities that allow individuals who have had a stroke – and their family members – to share encouragement, tips and friendship. See page 29 for upcoming events.

► **Aphasia speech therapy.** St. Rose provides inpatient and outpatient speech therapy for aphasia – a communication disorder that affects a person's ability to process language (not their hearing or intelligence) – due to stroke, brain trauma, brain tumors or neurological degeneration. Therapy focuses on relearning language skills and learning to use supplementary communication methods. Family members may take part as communication partners. Call 616-4436 for more information.

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

“Sunny has been through a great deal, but having a stroke was her biggest stumbling block,” says her husband, Rondo. “It was really tough on her – and our entire family.”

Initially, Rondo and their children waited on Sunny hand and foot hoping to make things easier for her, but friends they've made through St. Rose's Aphasia Lunch Bunch and Stroke

“Don't reflect on what you've lost but what you still have. Focus not on what you had yesterday, but what have you today. Sunny has lost so much, but has never given up hope.”

Survivor Club helped Rondo realize that the constant support they provided may have hindered how quickly Sunny relearned essential skills.

“I remember going to the store with Sunny. I was apprehensive that she would get frustrated with how long it took

her to navigate through the store, but I had to learn to relax and let her take the lead,” he says. “Sunny saw it as an opportunity to move forward despite the challenges she faced.”

Sunny's most trying – and possibly most triumphant – day came when she hobbled over to her beloved piano, sat down and began to cry. “Sunny was an exceptional piano player, and it was in that moment that I truly realized how deeply the stroke had impacted who she was,” says Rondo. “It was heart wrenching because playing piano wasn't something I could help her do.”

After a few minutes, Sunny began plunking at the keys, and within a short time, she was playing her favorite Eagle's song, Desperado, with just her left hand. Rondo and the good friends Sunny has made through St. Rose's Aphasia Lunch Bunch and Stroke Survivor Club have helped give her the confidence to move forward with playing the piano and composing her own music.

Sunny recently took her passion for piano to the stage and played with renowned pianist, Danny Wright. She and Rondo have also started a volunteer effort called “Play It Forward for HOPE” that accepts donations of money, concert tickets and musical instruments that are used to give stroke survivors the opportunity to enjoy music. “If someone wants to attend a

concert, we try to help them get there. If they want an instrument, we try to get a donation for a new or gently used instrument,” says

“Handicaps are given to ordinary people to help them become extraordinary.”

— *anonymous*

Rondo. “Music helped give Sunny her life back – now we want to give back to others.”

To learn more about Sunny, hear Sunny play or find out how to help her bring music to others who have had strokes, visit playitforwardforhope.org. **WC**

► **Certified stroke centers.** St. Rose Dominican Hospitals' Siena, San Martín and Rose de Lima Campuses are all certified as Primary Stroke Centers by the Joint Commission, the foremost accrediting body for hospitals and health care institutions in the United States.



CONCUSSION: RECOGNIZING THE SYMPTOMS AND THE IMPORTANCE OF RESTING THE BRAIN

When Amber's car was hit by another vehicle, her head slammed against the window. It hurt – really hurt – and she felt dizzy, but she was initially more concerned about the damage done to her beloved car, Bonnie, than her head. However, as an athletic performer in one of Las Vegas' premiere shows, Amber knew she was obligated to report the injury to her employer as they maintain strict safety protocols designed to protect their performers.

Amber's employer required her to take an ImPACT™ test and have a neurologic exam before she could return to performing. She was diagnosed with a concussion, a mild brain injury, and required to take time off to get ample physical and mental rest. "If Amber had returned to the show before her concussion had fully resolved, she may have had an amplification of her concussion symptoms," says Dr. Randal Peoples, Medical Director of the St. Rose Neurosurgery Clinic, a collaboration between St. Rose Dominican Hospitals and Stanford Hospital & Clinics. "Had she sustained another concussion during her vulnerable recovery period, she could have suffered from second-impact syndrome."

Second-impact syndrome is a condition in which the brain swells rapidly when a person suffers a second concussion before symptoms from an earlier one have subsided. The result can be long-term disability or, in the worst-case scenario, death. Anyone can suffer a concussion and the potentially catastrophic consequences if they return to strenuous or high-impact activities before their brain has healed. That is why Dr. Peoples, in an interview with *WomensCare* magazine, stressed the importance of recognizing the symptoms and seriousness of concussion – and taking the precautions necessary to make a complete recovery. Following are excerpts from that interview.

▶ **Amber, an athletic performer,** was required to take 10 days off work to fully recover from a concussion she suffered as a result of a car accident. She and her car are now in tip-top performance shape.



WC: What is a concussion?

Dr. Peoples: A concussion is a temporary disturbance in brain function that results from an impact to the brain. A bump, blow or jolt to the head, face or body that jars the brain can cause a concussion.

WC: How can you tell someone suffers a concussion?

Dr. Peoples: A concussion changes the way the brain works, but not the way it looks on a CT scan or MRI . The onset of any or all of the 22 recognized symptoms of concussion after an impact injury establishes the diagnosis of concussion. Loss of consciousness is not a determiner of concussion; only 9% of concussion patients sustain loss of consciousness. A doctor will also conduct a neurologic exam, which includes testing physical and mental abilities, to make sure the patient has not sustained a brain injury more severe than a concussion.

WC: When do the symptoms of concussion typically appear?

Dr. Peoples: Concussion symptoms usually appear right after an impact to the brain, but they can continue to evolve over a day or two. In fact, the younger the patient, the more likely it is that there will be a delay in symptoms.

WC: What symptoms of concussion are people most likely to experience?

Dr. Peoples: Every concussion has a unique “cluster” of symptoms. You may hit your head and become dizzy and nauseous, while a person struck on the jaw might be sleepy, slow and irritable for a few days. A child who falls off their bike – even if wearing a helmet – might seem fine afterward but begin vomiting the next day. All of these symptom scenarios are likely concussions. That’s why seeking help is so important.

WC: If someone suspects they have a concussion, what should they do?

Dr. Peoples: Tell a qualified professional (a coach, physical therapist, athletic trainer or physician) and see a doctor. Neurologic testing should be done to

determine if a concussion has occurred. If a more serious injury is suspected, an emergency room evaluation is recommended.

WC: How is a concussion treated?

Dr. Peoples: Physical and mental rest are essential for concussion recovery, which is very different than prior treatment recommendations. Mental and physical exertion must be minimized for at least 72 hours. Reading, watching television, computer use, video games, texting and engaging in activities that take place in loud, bright, busy locations must be avoided. It’s also important to minimize physical exertion, sports or work that significantly increases your heart rate. Strenuous activities increase the blood and oxygen demands of the brain, which can prolong recovery.

WC: Is medication recommended to treat a concussion?

Dr. Peoples: There is no specific medication that will treat a concussion; however, there are drugs that can interfere with concussion recovery. Avoid sleeping aids, alcohol or other mind-altering drugs. They can have unpredictable effects on an already dysfunctional brain.

WC: How long does concussion recovery take?

Dr. Peoples: A one- to two-week recovery is fairly typical, but patients who have a history of migraine, ADHD or previous head injury may need more time to recover. Younger patients generally take longer to recover. A 17-year-old may take two to three times longer than a 35-year-old to recover.

WC: If you can’t see a concussion on scans, how can you tell when the brain has healed?

Dr. Peoples: We consider three things: resolution of the symptoms described by

The St. Rose Neurosurgery Clinic is a clinical collaboration between St. Rose Dominican Hospitals and Stanford Hospital & Clinics.

the patient, a normal neurologic exam by a physician, and a supervised protocol of progressively demanding activities. When these monitored activities can be performed without a recurrence of symptoms, the patient can return to their normal activity level.

WC: Amber was given an ImpACT™ Test. What is it?

Dr. Peoples: ImpACT™ stands for Immediate Postconcussive Assessment and Cognitive Test. Many professional, college and high school athletes – and athletic performers in Las Vegas – are given an initial ImpACT™ test before they participate in a team sport or are hired to perform in a show. The results provide a baseline score of their neurocognitive function. In Amber’s case, her concussion didn’t occur at work, but she had pre- and post-injury ImpACT™ scores to help determine when it was safe for her to return to the stage. **WC**



Need help finding a neurologist or neurosurgeon?

Call 616-4900 or visit strosehospitals.org.

Know the symptoms of concussion

Mental - Mental fogginess that may cause difficulty thinking, concentrating, recalling or learning new information

Physical - Headache, nausea, vomiting, dizziness, balance problems, visual problems, lack of energy, light, noise sensitivity

Emotional - Sadness, depression, irritability, nervousness

Sleep - Difficulty sleeping, excessive sleep or unusual drowsiness

As many as 3.8 million sport, recreation and work-related concussions occur in the United States each year.

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Questions & Answers

What is the difference between the Dtap and Tdap vaccines and who should get them?

Dtap is a multi-dose vaccination given to infants and small children at ages 2, 4, 6 and 15-18 months followed by one last dose between 4-6 years of age. Tdap is a single dose booster for older children (Nevada requires children to receive the booster before entering seventh grade), adolescents and adults. Both immunizations protect against three dangerous diseases:

1. **Diphtheria** – A throat infection that can lead to breathing problems, paralysis, heart failure and death.
2. **Tetanus** – Causes severe, painful muscle spasms and is often called lockjaw because it can cause severe tightening of jaw muscles and difficulty swallowing and breathing.
3. **Pertussis** – Is also known as whooping cough because of the whooping sound of the violent coughing fits – or as the 100-day cough because symptoms often last for months. It spreads easily when someone with the disease coughs or sneezes and is particularly dangerous for young babies.

You buckle car seats, raise the rails on cribs and cover your coughs – all to protect precious infants from harm. If you're a parent, grandparent, child care or health care provider – or anyone who comes in close contact with infants – you are also encouraged to get a Tdap booster as part of an important immunization effort called “cocooning.”

Cocooning is a tactic that attempts to insulate young infants from highly contagious infections such as pertussis – also known as whooping cough – in the months before they begin receiving important childhood immunizations.

“The United States is seeing its worst outbreak of pertussis in more than 50 years,” says Holly Lyman, Director of the Barbara Greenspun WomensCare Centers of Excellence. “Adults and children can

contract and spread pertussis, but it is most dangerous – and even life-threatening – to babies less than 1 year old.”

St. Rose’s Maternal Child Centers offer new mothers and fathers Tdap booster shots (see Q&A) before they take their newborn home from the hospital. However, it is highly recommended that women have the Tdap booster shot before becoming pregnant and expectant fathers get vaccinated at least four weeks prior to their child’s birth.

The WomensCare Centers and the Southern Nevada Immunization & Health Coalition (SNIHC) are co-sponsoring no cost Tdap booster shots (see calendar page 27), and Tdap vaccinations are also available through physician offices and pharmacies.

For more details on current campaigns to stop pertussis, visit smicnv.org. **WC**

Fall infection fighting

Get a seasonal flu shot. Making flu season predictions is somewhat like forecasting a monsoon in southern Nevada. We know it’s coming, but it’s difficult to know exactly when, where or how hard it will hit our community. That’s why it is recommended that everyone six months of age or older receive a seasonal flu shot – and the sooner the better because it takes your body up to two weeks after being vaccinated to

continue to page 16



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



Actual Client Before



After

• Conscience sedation available •

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

PatrickSimoneDDS.com



Faculty member
at the UCLA Center
for Esthetic Dentistry



AMERICAN ACADEMY
OF COSMETIC DENTISTRY

▶ healthy habits

build up protection against the flu virus. Getting a flu shot is particularly important if you are at high risk – or provide care for someone at high risk – of developing flu-related complications such as bronchitis or pneumonia. People who are generally considered at increased risk for flu-related complications include pregnant women, small children, adults 65 years of age or older, people with chronic illnesses or weakened immune systems, as well as American Indians and Alaskan natives.

Find out if you should get a pneumonia vaccine. Pneumonia is a common lung infection that can have mild to serious consequences. Because most cases of community-acquired pneumonia are caused by the flu, an annual flu shot can help protect you from infection. Pneumonia vaccinations are recommended for people 65 or older, people in assisted living, adults who smoke, have asthma or suffer from alcoholism, and people with chronic health conditions or weakened immune systems due to disease. A multi-dose vaccine is also provided to protect infants from pneumonia and is typically given at ages 2, 4, 6 and 12-15 months.

If you are over 50, get a shingles shot. Shingles is sometimes considered an "old person's problem" because the odds of getting the virus – caused by the same virus as chickenpox – increase with age. Years or decades after you've had chickenpox, the virus can reactivate along nerve tissue and cause severe pain – and often a bad rash – along one side of your face, torso or buttocks. Although shingles isn't a life-threatening condition, if it occurs near your eye, it can endanger your sight. A shingles vaccine is available for all adults over 50, including those who may have suffered from shingles before.



**Looking for a St. Rose
pediatrician or family
physician?**

Call 616-4900 or visit
strosehospitals.org.



Breast reconstruction surgery, like a bra, isn't a one-size-fits-all scenario

Bras come in a variety of styles and sizes to fit the unique physical and personality traits of the women who wear them. Like bras, breast reconstruction can also be personalized for women who have life changing – and lifesaving – mastectomies.

▶ Three tips for your protection

1. Ask the doctor if he/she is licensed to practice in Nevada or verify that a doctor's license is valid (by name, address or license number) on the Internet at medboard.nv.gov/verification or by calling 1-888-890-8210.
2. Don't trust someone who provides medical services in a home, apartment or any place that is not a licensed medical facility (with the exception of licensed home health providers).
3. If you or someone you know have been a victim of an unlicensed doctor, report them by calling Nevada 2-1-1. You will not get in trouble for reporting a phony doctor to authorities and you may just save another person's life.

▶ **To find a licensed plastic surgeon,** call 616-4900 or visit strosehospitals.org.

For about 80 percent of the women who have mastectomies, breast implants (filled with saline or silicone) can be used to rebuild their breasts – sometimes at the same time their mastectomy is performed. The type of breast reconstruction that's best for you – and its timing – should always be discussed with your oncologist, surgeon and a plastic surgeon.

“Reconstructing the breast at the time of surgery has made mastectomy less emotionally difficult for many women,” says Dr. Brandon Reynolds (above). “If, however, you may need radiation therapy following a mastectomy, we recommend that you wait to have breast reconstruction at a later date.”

According to Dr. Reynolds, radiation can cause hardening of the scar tissue surrounding breast implants, which may affect how they feel and look. Radiation can also leave the skin on the chest tender and tight making breast

reconstruction using breast implants more complex, but he says there are options available to meet each woman's unique needs.

“If you have tight skin, we can use breast tissue expanders – implants that stretch skin over time – to make room for a breast implant,” says Dr. Reynolds. “Another option involves forming a new breast by using skin, fat and some muscle from your tummy, back, thighs or buttocks. These procedures are called tissue flap reconstructions and most often use tissue from the lower tummy area or upper back.”

Tissue flap reconstructions – or reconstructions that use both implants and tissue flaps – are an increasingly popular choice for women who want natural looking and feeling breasts.

To find a surgeon who can help you decide on the best type of breast reconstruction for you, call 616-4900. **WGC**

Considering cosmetic surgery? Be choosy.

It may seem as though plastic surgeons are a dime a dozen, but make sure the one you choose is licensed in Nevada to practice and perform the procedure you want. Also ensure that your procedure will be performed at a licensed medical facility or a hospital. An increasing number of scam artists are posing as doctors and offering procedures such as Botox injections and breast implants at extremely low prices. A number have even been caught using toxic substances – such as floor wax, cement and super glue – as part of these illegal procedures.

I'VE GOT AN APP FOR THAT

I am a busy Neonatal Intensive Care Unit (NICU) nurse at St. Rose Dominican Hospitals, so after reading a company e-mail that challenged employees to submit suggestions on how smart technology could be used to improve patient care, I deleted it. But the wheels of my mind had already begun to turn.

Because I am also the mother of four small children, I truly understand the challenges facing new parents, especially when those families must trust others to care for their premature newborns. It's a vulnerable time for baby, mom and dad, so I continue to challenge and better myself for their sakes. I want them to take comfort in the fact that their babies are in the best hands.

I retrieved the deleted e-mail and ultimately submitted a proposal for putting a sense of control back into the hands of new parents and, in particular, parents with babies in the NICU. The result was the St. Rose Baby Growth Tracker app that parents could access on their mobile phones or tablets. I won the corporate challenge, and Dignity Health, along with the Children's Miracle Network Hospitals and St. Rose's sister hospital, Chandler Regional Medical Center in Arizona, provided the funding necessary to develop the app.

The new St. Rose Baby Growth Tracker app offers resources and support for mothers-to-be and allows parents to track their baby's progress, including height, weight and head circumference, from their birth through the first year. The app also caters to parents who have a baby in the NICU, with education on gestational age beginning at 23 weeks, a video tour of the NICU to help familiarize parents with the specialized unit and information on the important role they can play in their baby's care. As a NICU nurse, that piece was important to me - helping familiarize new parents with the NICU environment and equipment so their first actual encounter in the unit is a little less scary.

Some of my favorite features of the app focus on breastfeeding because breast milk is not just great nutrition, it is important medicine for sick and premature babies. The St. Rose Baby Growth Tracker app includes videos on various methods of breastfeeding or pumping milk, as well as using formula safely. Tools for charting feeding times and individualized health goals for baby also help parents gauge important milestones whether baby is in the hospital or already home.

I am proud to work for an employer that values my ideas and input. Developing this app has been a labor of love that I am proud to deliver to our community. **WC**

Anna



▶ **Visit the iTunes or Android stores** and search St. Rose NICU or visit strosehospitals.org/mcc to download the app. St. Rose Baby Growth Tracker app also includes a spiritual component with quotes and passages designed to inspire hope and strength in parents of sick babies.

▶ **Text4Baby.** 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!

▶ **Baby on board?** Take advantage of a free car seat safety check. Details on page 30.

Could a breast pump be your best friend? If you're planning on breastfeeding, it can:

- Relieve engorgement when your breasts are so full that baby struggles to latch on.
- Retrain flat or inverted nipples so it is easier to nurse baby.
- Allow you to provide milk for a sick or preemie baby who may not be able to breastfeed.
- Enable you to store milk so you can enjoy a night out or get a few extra hours of shuteye while someone else feeds baby.
- Provide a method for continuing to breastfeed after you return to work.

The WomensCare Centers rent Medela Lactina or Symphony breast pumps. The full line of Medela breast pumps is also available for purchase. Call 616-4903 or stop by one of our WomensCare Center locations for hands-on help in selecting and learning to use the breast pump that will best meet you and your baby's needs.

- ▶ **Meeting baby's best interests.** Is your infant or child uninsured and not eligible for Medicaid? Find out if your child qualifies for free or low-cost health care through Nevada Check Up at nevadacheckup.nv.gov.
- ▶ **Get baby's first library card.** Help prepare your baby to learn to speak and read. Speak and read to them slowly, quietly and in simple sentences. Southern Nevada's libraries offer a bounty of books, story time activities and other classes for newborns and toddlers. For more information, visit the Henderson District Public Libraries (hdpl.org) or the Las Vegas-Clark County Library District (lvclld.org).

▶ **Mommy Doc or Baby Doc?** Are you planning a pregnancy, expecting a baby or the proud parent of a little one? If so, let us help you find an OB/GYN, pediatrician, family physician or specialist who will meet your needs. Call the St. Rose Physician Referral line at 616-4900.

▶ **Got Grandparenting Questions?** The WomensCare Centers offer Baby Basic classes designed with caregiving grandparents in mind. See the Ongoing Family Classes section on page 30 or call 616-4900 for information and registration.

Yeah Baby!

Yeah Baby! St. Rose follows the Baby-Friendly Hospital guidelines from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). There are 20,000 Baby-Friendly Hospitals internationally and only 150 in the United States. To learn more about the important steps Baby-Friendly Hospitals take to provide your baby the most nurturing start, visit strosehospitals.org.

{ If you can't read this, then you've got to see us. }

Westfield Nevada Eye & Ear brings you more expertise. More locations. More specialists. More ways to get the best care. But the most important thing we deliver is results. The choice is clear. See Westfield Nevada Eye & Ear.

Call 702.896.6043 to schedule your appointment today.



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2020 Goldring Medical Plaza
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2120 E. Calvada Boulevard
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Cataract Refractive Surgery • Glaucoma & Cornea Surgery • Diabetic Eye Care • Pediatric Ophthalmology

▶ **Ice or heat for back pain?**
Apply an ice pack to your back (20 minutes on, 20 minutes off) right after an injury occurs or if you experience a flare-up of pain or muscle spasms related to a chronic condition. After swelling and pain/spasms have decreased, apply either heat or ice based on what feels more soothing to you. Both will promote healing.

▶ **Did you know?** Icebergs float because they are made of ice and snow, which are less dense (less compact) than water. The compact core of the iceberg is relatively heavy, however, which keeps a large percentage of its mass submerged.



Minimally Invasive Spine Surgery

When it comes to its advantages, Dr. Andrew Cash says, “A smaller scar is just the tip of the iceberg.”

Benefits of minimally invasive surgery

- Smaller scar(s)
- Shorter hospital stay
- Reduced trauma to surrounding muscles, tissue and organs
- Reduced postoperative pain
- Shorter recovery time and quicker return to work and other daily activities
- Less anesthesia (in some cases)
- Less blood loss during surgery
- Reduced risk of infection

▶ **65 million**

Americans suffer from lower back pain annually, but while 85 percent of the population will show evidence of disc degeneration by age 50, the vast majority of these individuals will not suffer from pain or other symptoms.

Medical terms can mean different things to different people. The term “minimally invasive surgery” is a great example. Many patients think of minimally invasive surgery as a procedure that offers the benefit of a small incision, thus a smaller scar. While that is generally true, Dr. Andrew Cash points out that a smaller incision is just the tip of the iceberg. The major benefits of minimally invasive surgery – just like the majority of an iceberg’s mass – are found below the surface. (*See Benefits of Minimally Invasive Surgery*).

Dr. Cash is the first spine surgeon in the valley to perform a minimally invasive spine surgery called Oblique Lumbar Interbody Fusion (OLIF), which resolves pain due to disc damage in the lower back.

“Earlier forms of spinal fusion allowed

us to repair or replace the L5-S1 disc, but because the spine is located in the center of the body, we had to cut through muscle in the back or side of the body to reach it,” says Dr. Cash. “Cutting through muscle can result in as much as a 40 percent loss of muscle strength.”

Dr. Cash performs the innovative OLIF procedure “obliquely,” which means from the back of the pelvis just above the iliac crest. Entering the body from a small incision there preserves back muscle strength and reduces the risk of harming nerves or internal organs located close to the spine.

Because OLIF is a less traumatic form of spinal fusion surgery, patients are typically able to go home the same day or the day after surgery and can return to normal daily activities sooner. **WGC**

Fewer puffs, less pain.

Did you know that smoking reduces the blood supply to the discs between the vertebrae, which may lead to degeneration of these discs? If you want to quit smoking, our WomensCare Centers can help. Check out page 27 for details on our Freedom from Smoking support group.

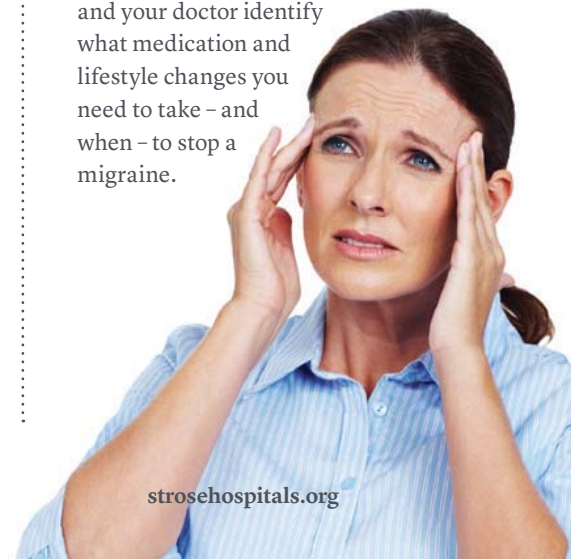
Health FROM A TO Z

► **“A” is for Alzheimer’s disease**, but if you forget where you put your keys or park your car, don’t fret. Stress, lack of sleep or a lack of vitamin B12 (found in meats, chicken, fish, dairy products and fortified breakfast cereals) can cause forgetfulness or fuzzy thinking. So can certain medical conditions and the medications used to treat them. However, if you tend to forget where you are or you experience difficulty controlling your speech and completing simple tasks, take a deep breath and talk to your doctor. Excessive worry, anxiety or depression can put you at higher risk for a condition that may precede Alzheimer’s. To learn more about Alzheimer’s disease, dementia and related symptoms, visit alz.org.



► **“G” is for GERD**, and if you’ve got it, don’t ignore it. Gastroesophageal Reflux Disease (GERD) is caused by frequent bouts of heartburn (two or more times per week) and it can cause more than discomfort. Gastroenterologist, Dr. Joseph Fayad, says that GERD can damage your esophagus and potentially lead to a precancerous condition called Barrett’s esophagus or esophageal cancer. Talk to your doctor about ways to get GERD under control. Simple lifestyle changes and a prescription or over-the-counter medication may provide relief. For more serious cases of GERD and other esophageal conditions, there are relatively simple medical procedures that can provide safe, lasting solutions.

► **“M” is for Migraine and “P” is for Prodrome**, which is also called a premonitory headache. According to Dr. Abraham Nagy, a neurologist who specializes in the treatment of migraine, 30 to 40 percent of people who suffer migraines experience prodromal or premonitory symptoms, such as food cravings, fatigue, mood changes, muscle stiffness, constipation or diarrhea, or changes in frequency of urination. People sometimes mistake aura (visual disturbances, vertigo, tingling in face, etc.) as a prodromal symptom. However, aura is caused by a very different brain disruption and is much less common than premonitory symptoms. By paying attention to when you feel these prodromal symptoms, you may be able to recognize when a headache attack is about to occur. This may help you and your doctor identify what medication and lifestyle changes you need to take – and when – to stop a migraine.





► “P” is for Preventive Dentistry

Are you looking for a health care bargain? During tough economic times, all health care expenditures can be a burden, but routine dental checkups – which may average from \$50 to \$200 – are a relative bargain compared to emergency room treatment for toothaches, tooth damage or oral infections. “Emergency rooms may charge up to 10 times more for dental treatments even though they are not staffed with dentists or equipped to offer the treatment options dentist’s offices or dental clinics can,” says Patrick Simone, DDS. “Even so, the number of ER visits nationwide for dental problems increased 16 percent from 2006 to 2009, and the trend is continuing.”

Dr. Simone warns that oral infections should not be taken lightly. He promotes preventive dental care and offers these suggestions for maintaining good oral health in hard times:

- Take care of your teeth – Brush and floss twice a day, don’t smoke and address health issues such as diabetes that can negatively impact dental health.
- If you have an established relationship with a dentist but are struggling to afford care, talk to him/her about ways to make your routine appointments more affordable. If you have relatively good dental health, increasing the length of time between dental X-rays (e.g., from every year to every two or three years) may add up to savings.
- Ask about reduced-price dental care services that are offered to qualifying individuals and family through the University of Las Vegas School of Dental Medicine (744-2400) or the Nevada Health Center (735-9344).

► “W” is for Weight Loss. If

you are wondering whether you are a candidate for weight loss surgery, consider the following questions: Are you 50 or more pounds over the ideal weight for your height and body type? Do you have a body mass index (BMI) of more than 30? Have you participated in a medically supervised weight loss program but been unable to sustain lasting weight loss? Do you have one or more chronic conditions such as sleep apnea, high blood pressure or diabetes that may be significantly improved by weight loss surgery? According to Dr. Tom Umbach, a fellowship trained surgeon specializing in bariatric surgery, the risk of early death for those struggling with obesity is twice that of a non-obese person – and weight loss surgery may help you achieve and sustain a healthier weight, improved health and a longer life. Interested in figuring out your BMI? It is a measure of body fat based on height and weight that applies to adult men and women. Visit cdc.gov and type in Body Mass Index to access an easy-to-use BMI calculator.

► “Z” is for Zinc, and there are

some studies that indicate it might provide relief from the common cold. Those that suggest zinc does help recommend taking zinc capsules or lozenges at the earliest onset of cold symptoms. Taking zinc with food may also help reduce some of its side effects, which can include nausea or a bad taste in the mouth. Keep in mind that taking large amounts of zinc may be toxic.

Do you need Urgent Care or Emergency Care?

If you are ill or injured, getting the right care at the right time and place is important. Here are some general guidelines that can help you decide whether you should go to an emergency room, an urgent care or your family physician.

Urgent Care – An urgent medical problem is non-life threatening. It is less serious than an emergency but still requires immediate medical attention from your doctor or an urgent care physician. Urgent care needs include, but are not limited to:

- Controlled bleeding
- Minor fractures
- Objects in the eyes, ears and nose
- Sprains
- Lacerations (bad cuts)
- Abdominal pain
- Flu
- Sore throat

Emergency Care – A medical emergency is a serious medical condition or symptom (including severe pain) caused by an injury, sickness or mental illness that requires immediate care and treatment to avoid disability or death. If you or a family member experience an emergency, please call 9-1-1 immediately or go to the nearest emergency room. Emergency care needs include, but are not limited to:

- Signs of a heart attack that last two minutes or longer, including chest pain
- Signs of stroke, like sudden onset of numbness in any extremity
- Severe shortness of breath
- Bleeding that won’t stop after 10 minutes of direct pressure
- Poisoning
- Complicated fractures
- Major injury such as head injury
- Coughing up or vomiting blood
- Suicidal or homicidal feelings

The SNWA has received many awards, but nothing tops our Oscar.

As a SNWA research chemist, Oscar Quiñones is part scientist, part molecular detective and an all-star at the Southern Nevada Water Authority's Water Quality Research & Development Lab.

An admitted science sleuth, Oscar and his co-workers run one of the country's top environmental water quality labs. In fact, SNWA scientists have worked with the U.S. Environmental Protection Agency to help standardize worldwide methods for analyzing levels of emerging contaminants in water resources.

If you have questions about water quality – or are looking for information on supplemental water treatment systems -- contact the SNWA. Because no one knows more about water quality than your local water agency.

Go to snwa.com or call 702-258-3930



SOUTHERN NEVADA WATER AUTHORITY

The SNWA is a not-for-profit public agency.



Infants, Children & Parenting, pg. 29

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location abbreviations

- COND** - Siena Campus - Conference Room D, Henderson
- FTF** - Family to Family Connection, Henderson
- FTF WIC** - 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** - WomensCare Center, Las Vegas

fall calendar

OF CLASSES AND UPCOMING EVENTS

► health & wellness

Rose Trimming Demonstration

Join the South Valley Rose Society to learn about growing beautiful roses.

Saturday, Jan. 19; 10 a.m. - 2 p.m.

SIENA HEALING GARDEN

Medicare ABCD's

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

Tuesday, Jan. 8; 9-10 a.m.

HEND

Thursday, Jan. 10; 9-10 a.m.

WEST

Medicare Open Enrollment

Sign up or review your current Medicare Drug Plan.

Tuesdays, Nov. 13 or Dec. 4; 9-11 a.m.

HEND

Thursday, Nov. 8 or Tuesday, Dec. 4; 9-11 a.m.

WEST

Communication through Sign Language

Learn basic signs to reduce frustration and help with everyday communication in this three-week workshop for adults.

Fridays - Jan. 11, 18 & 25; 3-4:30 p.m.

HEND

Fridays - Nov. 30, Dec. 7 & 14; 2-3:30 p.m.

WEST

Relaxation Meditations

Practice techniques that promote peace and good health.

2nd Tuesday - Nov. 13, Dec. 11, Jan. 8; 5:30-6:30 p.m.

HEND

1st Tuesday - Nov. 6, Dec. 4, Jan. 1 CXLD; 6-7 p.m.

WEST

Healing with Rhythm Drum Circle

Bring a healthy food item to share.

1st Friday - Nov. 2, Dec. 7, Jan. 4; 6:30-8 p.m.

HEND

Balancing Energy Fields

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

2nd Tuesday - Nov. 13, Dec. 11, Jan. 8; 6-8 p.m.

WEST: \$5

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday - Nov. 15, Dec. 20, Jan. 17; 2:30-3:30 p.m.

HEND

Essential Oils

Enjoy a relaxing, educational evening on how to incorporate essential oils into everyday home and personal use.

Wednesdays, Dec. 5 or Jan. 23; 6-7:30 p.m.

HEND

Girl Talk

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

Thursday, Jan. 24; 6-7 p.m.

HEND

Choosing to Wait

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

Wednesday, Jan 16; 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 - Nov. 8 & 22 CXLD, Dec. 13 & 27 CXLD, Jan. 10 & 24; 10:30 a.m.-noon

HEND

2nd & 4th Thursdays - Nov. 8 & 22 CXLD, Dec. 13 & 27 CXLD, Jan. 10 & 24; 1-3 p.m.

WEST

WEST

Dinner with A Doc: A Healthy, Happy Liver

Learn lifestyle modifications that promote liver health and may even reverse liver damage or prevent cirrhosis. Presented by Dr. Aijaz Ahmed.

Monday, Dec. 3; 6-7 p.m.

MAC

- 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.

fall calendar

OF CLASSES AND UPCOMING EVENTS

Sharegivers Training

Stroke survivors and caregivers are invited to become volunteer peer visitors. Receive training on how to visit stroke patients and lend support during their hospitalization at St. Rose. Please call 616-4913 for a Sharegivers application.

Wednesday, Dec. 5; 10 a.m.-2 p.m.
MAC



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, errands and grocery shopping.

Call 616-6554 if you can help.

exercise & fitness

Dragon Boat Paddling

Experienced and beginner dragon boat paddlers are invited to join others for fun and fitness on Lake Las Vegas. Register at [meetup.com/LVDragonBoatClub](https://www.meetup.com/LVDragonBoatClub)

1st & 3rd Saturdays – 10 a.m. & 11:15 a.m.

LLV: \$10 per person; \$150 per team practice.

Standup Paddleboard Yoga/SUPilates

Skip drinks with your girlfriends and come out, enjoy a Happy Hour of SUP Yoga! Register at 843-367-4130 or brunson71799@yahoo.com. Beginner and private SUP lessons also available.

Every Friday; 5 p.m.

LAKE LAS VEGAS MARINA: \$25 per class

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-9:30 a.m.

DISCOVERY PARK TRAILHEAD

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 movements that target the woman's aging zones.

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

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

Gentle Yoga

Gain flexibility and balance through gentle yoga.

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 important alignment and foundation concepts to deepen your practice.

Mondays – 5:30-6:30 p.m. with Dorothy

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

Vinyasa Flow Yoga (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 with Stella Huang

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 with Lucy

Mondays & Thursdays – 6:15-7:15 p.m. and 7:30-8:30 p.m.

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

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 with Goldie

2nd Saturday – Nov. 10, Dec. 8, Jan. 12; 10:30 a.m.-noon

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

Weight Management Club

Free weekly group to help you reach your weight management goals. Facilitated by St. Rose Registered Dietitians.

Fridays – 9:30 - 10:30 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 Ricciardi.

Wednesday, Jan. 16; 6-7:30 p.m.

WEST

DASH Away From Hypertension

Join Vanessa Borja, R.D., to learn the Dietary Approaches to Stop Hypertension developed by the USDA for lowering blood pressure.

Wednesday, Jan. 30; 5:30-7:30 p.m.

WEST

Fire Up Your Metabolism

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

Wednesday, Dec. 12; 6-7:30 p.m.

WEST

Cardiac Nutrition

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

Wednesday, Jan. 23; 10-11:30 a.m.

HEND

Thursday, Dec. 13; 10-11:30 a.m.

WEST

Emotional Eating

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

Wednesday, Nov. 14; 6-7:30 p.m.

SAN

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

▶ screenings

Call 616-4900 for screening appointments.

Lifeline Screenings

High cholesterol, high blood pressure or a family history of these ailments? Poor diet? You may want to consider being screened for your risk of stroke. Screenings include ultrasound of carotid arteries, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. Call 800-690-0295 or visit lifelinescreening.com for details or to pre-register.

10 LOCATIONS: \$139 (Mention code PSRD001 to receive a \$10 discount)

FIT Colon Test

Age 50 or better? Take home a Colorectal Cancer F.I.T. (fecal immunochemical test) Screening Kit, return your sample to either WomensCare Center and receive your test results via mail.

HEND; WEST: \$15

Peripheral Artery Disease Screenings

Do you have signs or symptoms of PAD? Get screened by St. Rose's Radiology Department.

Thursday, Jan. 24; 8 a.m.-noon

HEND, Rehab Suite 140: FREE

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, Jan. 9; 9 a.m.-noon

HEND: FREE

Wednesday, Jan. 30; 9 a.m.-noon

WEST: FREE

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, Jan. 15; 7-10 a.m.

HEND: Prices listed above.

Tuesday, Dec. 11; 7-10 a.m.

WEST: Prices listed above.

Do You See What I See?

Join The Shepherd Eye Center for a free eye screening, prescription check and education.

Wednesday, Jan. 16; 10 a.m.-noon

HEND: FREE

Wednesday, Dec. 12; 10 a.m.-noon

WEST: FREE

Skin Cancer Screenings

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

Thursday, Jan. 31; 2-4 p.m.

HEND: FREE

R.E.D. Rose Program

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

Energy Healing Circle

Experience and learn the healing power of energy through a monthly Reiki circle.

2nd Tuesdays – Nov. 13, Dec. 11, Jan. 8; 6:30-7:30 p.m.

with Freddie

HEND

1st Tuesdays – Nov. 6, Dec. 4, Jan. 1 CXLD; 7-8 p.m. with Freddie

WEST

Energy Healing Consultations

Touchless energy work with Ms. Freddie. Schedule 30 or 60 minutes.

2nd Tuesdays – Nov. 13, Dec. 11, Jan. 8; 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 and Lose Weight with Hypnosis

Reprogram your weight loss goals through deep relaxation and affirmations. Bring a pillow.

Wednesday, Jan. 23; 6-8 p.m.

HEND: \$25 (includes CD)

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

WEST: \$25 (includes CD)

▶ smoking cessation

Freedom from Smoking

Kick the habit with group support in this eight-week American Lung Association program.

Tuesdays – Nov. 6, 13, 20, 27, Dec. 4, 11, 18 & Thursday,

Nov. 29; 5:30-7 p.m.

Tuesdays – Jan. 8, 15, 22, 29, Feb. 5, 12, 19 & Thursday,

Jan. 31; 5:30-7 p.m.

SAN: FREE

Relax and Stop Smoking with Hypnosis

Reprogram yourself to be smoke free through guided relaxation and positive affirmations! Wear comfortable clothes and bring your pillow.

Wednesday, Jan. 30; 6-8 p.m.

HEND: \$25 (includes CD)

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

WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

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

When you are ready to stop smoking, a professional counselor will help you develop an individualized plan based on your level of addiction and other factors.

Flu, Pneumonia and Tdap: Get Vaccinated!

Free seasonal flu, pneumonia and Tdap shots offered on a first-come, first-served basis by SNIHC. The CDC recommends everyone six months and older get a flu vaccine. Pneumonia shots available for adults age 65+, ages 19-64 who have asthma or smoke cigarettes, and anyone two years and older with an underlying medical condition such as HIV, sickle cell disease or diabetes.

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

SAN

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

MAC



fall calendar

OF CLASSES AND UPCOMING EVENTS

Celebrate World COPD Day!

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, lung health vendors, a healthy lunch and lecture with pulmonologist, Dr. Wilson Watanabe. Please RSVP to 616-4900.



Wednesday, Nov. 14; 10-11 a.m. (event), 11 a.m.-noon (lunch & lecture)
SAN

► health conditions

Healthy Aging: Up2Me

Benefit from Stanford's six-week Chronic Disease Self-Management Program focusing on regaining control of your life through goal setting, overcoming barriers, practical exercises, relaxation techniques and more!

Tuesdays – Jan. 15-Feb.19; 2-4:30 p.m.

HEND: FREE

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.

Fridays – Jan. 11-Feb.15; 9:30 a.m.-noon

WEST: FREE

Diabetes Awareness Treatment & Education

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

Tuesday & Wednesday – Nov. 13 & 14, Dec. 11 & 12 or Jan. 8 & 9; 9 a.m.-1:30 p.m.

Tuesday & Wednesday – Nov. 27 & 28 or Jan. 22 & 23; 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!

Tuesday, Nov. 6; 10 a.m.-noon

HH

Wednesday, Jan. 9; 5:30-7:30 p.m.

WEST

CHAMP

Congestive Heart Active Management Program for St. Rose patients. Call 616-4910 for more information and to enroll.

Lower Cholesterol with TLC (therapeutic lifestyle changes)

Join Vanessa Borja, R.D., to get your numbers right through nutrition, exercise, relaxation and supplementation.

Thursday, Nov. 29; 4-7 p.m.

HEND

Better Breathers Club

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

1st Thursday – Nov. 1, Dec. 6, Jan. 3; 10-11 a.m.

SAN

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.

Wound Hasn't Healed?

Discuss advanced wound care options and learn about hyperbaric oxygen therapy from Dr. Dominic Ricciardi.

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

WEST

► safety & injury prevention

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 to register for this clinic.

2nd & 4th Wednesdays – 1-5 p.m.

Touro University, 874 American Pacific Dr.

AARP Driver Safety Program

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

Mondays – Nov.19, Dec. 17 or Jan. 14; 9 a.m.-1 p.m.

Fridays – Nov. 30, Dec. 7 or Jan. 25; 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, Nov 12; 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, Jan. 19; 10 a.m.-2 p.m.

RAN

► programas en español

¿Necesita a una doctor que hable Español? Llame al 616-4900.

Manejo Personal de la Diabetes

Esta clase de seis semanas es para el manejo de diabetes. Para obtener más información o para registrarse llame al 616-4900.

Jueves, 17, 24, 31 de Enero y 7, 14, 21 de Febrero, 1:30-4:00 p.m.

Camara de Comercio Latino (Latin Chamber of Commerce)
:GRATIS

R.E.D. Rose

No tiene seguro médico o su seguro médico no cubre mamogramas y tiene menos de 50 años, 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 Español, por favor llame al 616-4900.

► 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

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

Breastpump Rentals & Sales

Rent a Medela Lactina® or Symphony® breastpump based on your needs and budget. The full line of Medela breastpumps are 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 – Nov. 17, Dec. 15, Jan. 19; 3-4 p.m.
HEND WIC

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 WIC

La Leche League

Join other nursing mothers for information, support and encouragement.
4th Thursday – Nov. 22 CXLD, Dec. 27 CXLD, Jan. 24; 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 568-9074. Pregnancy and childbirth classes are free for Baby Rose participants. Call 616-4900 to sign up for classes.

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 WIC: \$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, R.N., certified fertility care specialist.
Wednesday, Nov. 28; 6:30-8:30 p.m.
Wednesday, Jan. 23; 6:30-8:30 p.m.
WEST

▶ **infants, children & parenting**

St. Rose WIC Nutrition Program

Healthy food, nutrition and breastfeeding consultations and breastpumps for pregnant women and children up to age five. Call 616-4905.
HEND WIC; WEST WIC; FTF WIC
WIC services extended to – Family to Family Henderson, 102 E. Lake Mead Pkwy.

Free Online Infant & Child Developmental Milestones Screenings

Children develop key skills or “milestones” at their own pace. How is your child doing? Complete a quick, free Ages & Stages Questionnaire at makethefirstfivecount.org.

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**
- 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

Could your child have asthma? Call 616-4900 to register for the **Cough Control Carnival!**

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

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



fall calendar

OF CLASSES AND UPCOMING EVENTS

Cooking Demonstration with WIC Approved Foods

Learn to prepare healthy meals with WIC approved foods from a registered dietitian.
3rd Tuesdays – Nov. 20, Dec. 18, Jan. 15; 12:30-1:15 p.m.
HEND WIC: Call 616-4905 to register.

Dancing with Miss Jenny®

Encourage your child's gross motor, fine motor and cognitive skills development with silly moves, creative props and parent participation. Call 616-4900 to register.

Thursdays – 11:15-11:45 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 616-4902 for appointment.
Fridays – Nov. 2 & 16; Dec. 14 & 28; Jan. 11 & 25; 3-5 p.m.
HEND
Wednesdays – 10 a.m.-noon
WEST

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.

Fridays – 1:30-2:30 p.m.

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

Fridays – 11:30 a.m.-12:30 p.m.

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

Toddler Play Group

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

Tuesdays – 10:30-11:15 a.m. or 11:30 a.m.-12:15 p.m.

HEND WIC

Tuesdays – 3-4 p.m.

WEST

Infant Development

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

Mondays – 2-3 p.m.

HEND WIC

Sing and Sign: Food Time

Join Ms. Shannon to learn ASL Signs for healthy foods using songs, books and toys. Parents with babies birth-two years.

Tuesdays – 2-2:30 p.m.

HEND WIC: FREE

3rd Tuesdays – Nov. 20, Dec. 18, Jan. 15; 11-11:30 a.m.

FTF: 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 WIC

Wee Can Sign: Baby Sign Language Level I

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

Fridays – Jan. 11, 18, 25, Feb. 1; 10:30-11:30 a.m.

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

Thursdays – Nov. 8, 15, 29, Dec. 6; 11:30 a.m.-12:30 p.m.

Saturdays – Nov. 10, 17, Dec. 1, 8; 12:30-1:30 p.m.

Saturdays – Jan. 12, 19, 26, Feb. 2; 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).

Fridays – Nov. 9, 16, 30, Dec. 7; 10:30-11:30 a.m.

HEND

Saturdays – Nov. 10, 17, Dec. 1, 8; 2-3 p.m.

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

Saturdays – Jan. 12, 19, 26, Feb. 2; 2-3 p.m.

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

For more information, log on to WeeCanSign.com.

Storks Nest Prenatal Program

Enjoy prenatal discussion groups and earn points toward incentives by participating in healthy prenatal activities, such as prenatal care and classes. Class topics vary each month.

3rd Saturday, Nov. 17, Dec. 15, Jan. 19; 1-3 p.m.

FTF

Love & Logic: Early Childhood Made Fun!

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

Fridays – Nov. 9, 16, 30, Dec. 7 & 14; 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 assistance completing an application for the NV Check Up insurance program for children.

2nd Tuesdays – Nov. 13, Dec. 11, Jan. 8; 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 568-9601 for dates

FTF

Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities – from the garden to the kitchen! Ages one to four. Call to register.

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 – Nov. 2 & 16, Dec. 7 & 21, Jan. 4 & 18; 10-11 a.m.

FTF

Cookies with Santa

Mix and mingle while enjoying cookies and a craft. Plus, get a keepsake photo of your child with Santa.

Thursday, December 13; 5-7 p.m.

RDL: \$5 for Santa pictures



Ongoing Family Education Classes

Prepared Childbirth Classes - \$50 - HEND & WEST

Childbirth Express - \$35

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

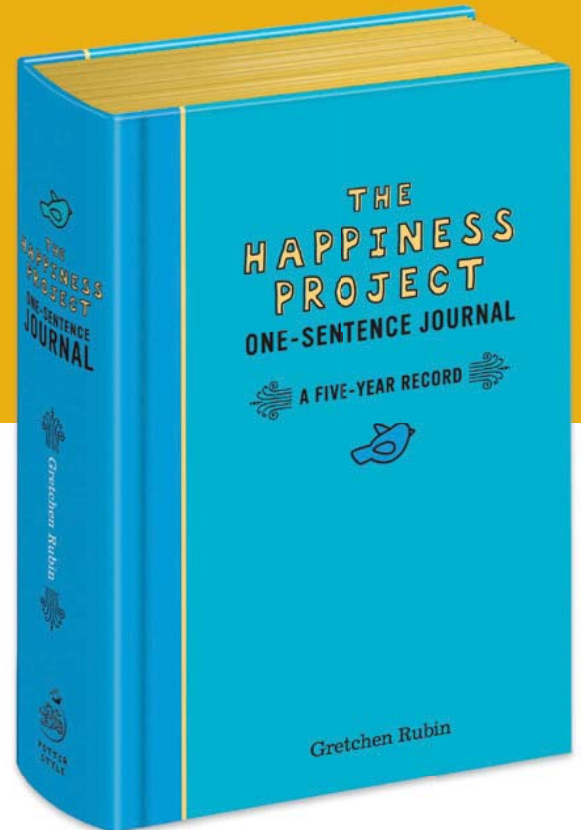
San Martín Campus Maternity Tour - 3rd Saturday

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

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

What makes you happy (or joyful)?

If you aren't sure, find out a single sentence at a time. *The Happiness Project* one-sentence journal allows you to create a simple, daily at-a-glance treasure from the memories, moments or milestones that make you smile, say a prayer of thanks or swell with pride.



Happiness vs. Joy

Are happiness and joy the same thing? We often use the words interchangeably, and they are related, but do they actually feel different and produce different results?

The dictionary definition of happiness is “a state of well being, a pleasurable or satisfying experience,” and most women agree that a new pair of shoes, an island vacation, freedom from debt or taking part in a charitable fundraising event can make them happy – but for how long? And what happens when your heel breaks or the bills keep coming in?

From a spiritual perspective, happiness is considered a temporary experience of jubilation or contentment, while joy – which comes from the word “rejoice” – is considered a deeper, less self-centered and longer lasting sense of gladness based on an ongoing connection to something greater than ourselves, such as a deeply held spiritual belief, a common set of core values or a connection to something (the environment or our community). **WC**

“For happiness one needs security, but joy can spring like a flower even from the cliffs of despair.”

— *Anne Morrow Lindbergh*

“Happiness is like the moon, waxing and waning. Joy is like the sun, always shining even when night falls or clouds cover it.”

▶ **Join St. Rose Dominican Hospitals** on Facebook and post a thought on what makes you happy – or joyful – for your chance to receive a copy of *The Happiness Project* journal.

▶ **Do you find joy in knitting or crocheting for others?** Put your nimble fingers to work making prayer shawls for patients who could use the warm, loving embrace of something made by caring, compassionate hands.

For more information, see calendar page 25 or call 616-4900.

Postmaster: Please deliver within November 1-4.

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