

The Barbara Greenspun

WomensCare

Centers of Excellence

StRoseHospitals.org

summer 2013 • issue 58 for the body • mind • spirit

Women

**Collaborate
to Create a
Healthier
Community**

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**Rose
Regatta!**

**Raise
funds to
fight
breast
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CLINIC**

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



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McCARRAN INTERNATIONAL AIRPORT: IN THE MAIN ESPLANADE, C GATES & D GATES



COVERSTORY

► OUR President's Perspective

Rod A. Davis

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

Dear Readers,

This September, our Barbara Greenspun WomensCare Centers of Excellence will celebrate 15 years of serving southern Nevada. We won't hold a big party with cake and ice cream, but I would like to ask you for a special gift: a prayer.

As a Catholic healthcare ministry, we believe that prayer is a powerful gift that can grace an individual, a family, a group of people or an organization with good health. The fingerprint of your prayer may touch the life of someone seeking the support and services offered by our WomensCare Centers' compassionate, caring and committed staff and volunteers.

According to the Centers for Disease Control and Prevention, the number of people praying for their health – or the health of others – has increased significantly in recent decades. We consider this good news and great medicine. So, whether the prayer you offer the WomensCare Centers takes the form of a traditional prayer, a mantra, a spiritual dance or a post on St. Rose Dominican Hospitals' Facebook page, we will be grateful for your life-affirming gift.

Thank you and may God bless you and those you love with good health and well being. I hope you enjoy this information-packed edition of WomensCare magazine.

Women and community

Holly Lyman (center), the director of the Barbara Greenspun WomensCare Centers of Excellence, is one of Nevada's many female leaders focusing on the health and well being of others. She collaborates with women such as Dr. Tracey Green (left), Chief Medical Officer for the State of Nevada, and Terri Janison, Vice President of Community Development for the United Way, on issues ranging from childhood immunizations to the management of chronic diseases like diabetes. Learn more about how the passions of these three women are helping improve the health of southern Nevadans (page 9).



We're on the move!

This fall, our WomensCare Center (Henderson location) will move to 2651 Paseo Verde Parkway at the southeast corner of St. Rose and Paseo Verde Parkways south of the I-215 and Pecos Road. For updates on our move date, follow us on St. Rose Dominican Hospitals' Facebook page.



**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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ST. ROSE|STANFORD

NEW CLINIC OFFERS LEADING-EDGE SURGERY RIGHT HERE AT HOME

Having heart surgery can be scary. The heart is the center of our body – and our circulatory system. It is the muscle that pumps blood and oxygen to all of our vital organs, thus is central to our being. What’s more, because our heart tends to speed up or slow down – and feels as if it is full, achy or empty – based on our beliefs, feelings and experiences, it is often described as the home of our soul.

St. Rose Dominican Hospitals appreciates this and continually seeks to provide the highest level of compassionate, quality heart care that encompasses top-notch education and the latest forms of heart surgery.

During the last three years, St. Rose has had a number of firsts in heart care. Our cardiac surgeons became the first in Nevada to offer patients minimally-invasive, cardiac

bypass surgery/coronary artery grafting – a procedure known as MICS CABG – through a small incision between the ribs rather than by cutting through the breastbone. St. Rose Dominican Hospitals’ cardiologists were also among the earliest in Nevada to perform a procedure called Transcatheter Aortic Valve Replacement (TAVR) that delivers a new aortic valve to the heart via a catheter

▶ **Robert Wiencek, M.D. (left)** is a longtime, local cardiovascular surgeon and now also a Stanford faculty member. A recent Best Doctors survey by *Seven* magazine and Consumers' Checkbook noted Dr. Wiencek was named most often by his physician peers as the best local cardio/thoracic surgeon as well as the best vascular surgeon in the Las Vegas Valley.

J.W. Randolph Bolton, M.D., PhD (right) is a cardiothoracic surgeon and retired Air Force Lieutenant Colonel. He works with St. Rose, its medical staff and his Stanford colleagues to implement new protocols and expand the range of cardiovascular services provided at St. Rose Dominican Hospitals, with specific focus on the use of minimally invasive techniques to improve patient outcomes. The colorful surgical cap he is pictured wearing was a gift from a family of a remote village in Mexico where he traveled on annual medical missions with TIME for Christ to perform general surgeries.

inserted in the femoral artery in the groin - a lifesaving procedure for patients with severe, symptomatic aortic stenosis who are too sick or fragile for traditional open-heart surgery. And just this spring, Nevada's first transcatheter TAVR procedure was performed by inserting a new aortic valve through a catheter delivered to the heart using just a small incision between the ribs. It is an alternative for patients who are ineligible for open heart procedures and who - due to peripheral artery disease (see page 14) - may not have arteries large enough to support the transfemoral approach. St. Rose also opened a new cardiac catheterization lab at its Rose de Lima campus and will introduce the region's first comprehensive Heart Valve Clinic.

Most recently, however, St. Rose introduced a collaborative effort with Stanford Hospital & Clinics - one of the nation's most trusted names in medical research and a pioneer in heart surgery. "The overarching goal of this new clinic is to improve heart surgery outcomes by using evidence-based models that reduce patient risk," says Rod A. Davis, President

and CEO of St. Rose Dominican Hospitals. "For patients, these measures can mean decreasing the rate of post-surgical complications and increasing patient survival rates for complex heart surgeries."

One way the new St. Rose|Stanford Clinic is reaching this goal of improving outcomes, says Davis, is by bringing leading-edge technology such as robotic-assisted heart surgery to the Las Vegas Valley. Stanford clinical faculty members - cardiothoracic surgeon and Medical Director, J.W. Randolph Bolton, M.D., Ph.D., and cardiovascular surgeon, Robert G. Wiencek, Jr., M.D., - are helping steer these efforts.

Reducing Patient Risk

Approximately one million heart surgeries are performed in the United States each year - about 100,000 of those to repair heart valves. One of these valves, the mitral valve, operates like a one-way door controlling blood flow between the upper and lower left-side chambers of the heart. With each heartbeat, the valve opens allowing blood to flow from the left chamber (the atrium) into the lower left chamber (the ventricle). Then it closes again to stop blood from flowing back the other way so the ventricles can pump blood out of the heart to other organs.

Genetics, lifestyle, infection and aging can affect the mitral valve, and fortunately, most cases of valve disease do not require surgery. However, surgery to repair or replace the valve is often recommended for severe cases of mitral valve regurgitation - a condition in which the valve's doors become so floppy that they allow blood to routinely flow backwards - leading to potentially life-threatening lung and heart issues such as heart failure, irregular heartbeat (arrhythmia) and blood clots in the lungs (pulmonary emboli). Likewise, mitral stenosis can cause the valve to stiffen and not seal properly leading to similar problems.

The success rate for traditional "open" valve repair or replacement surgery is very high, so the procedure is not considered "broken," but the breastbone actually is. The surgeon makes a six- to eight-inch

incision and cuts through the breast bone to access and operate on the heart.

Newer, less invasive forms of mitral heart valve surgery, such as robotically-assisted surgery, don't require cutting through the breast bone. Instead, surgeons repair or replace the heart valve through small incisions between the ribs. There are numerous advantages to robotically-assisted mitral valve surgery such as less pain, less scarring and typically a shorter hospital stay and recovery time. There is also less blood loss, which is important because the Joint Commission and the American Medical Association have identified the need to look at how blood transfusions are used and lower their frequency in various procedures such as heart surgery.

"Blood transfusions can be truly lifesaving, but as with any medical procedure, transfusing blood - even if it is blood the patient has had banked prior to surgery - carries some risks," says Dr. Bolton. "Minimally-invasive heart surgery can significantly reduce or eliminate the need for transfusions."

In addition to improving surgical outcomes by helping advance new surgical methods, Dr. Bolton's focus is on enhancing post-operative patient care processes at all three St. Rose hospitals, using Stanford protocols and recommendations. For example, the sooner a patient's breathing tube is removed post-operatively, the less likely the patient will contract ventilator-acquired pneumonia and the less pain he or she will experience. All of these measures and efforts

"Many of the procedures Dr. Wiencek and I are introducing at St. Rose will truly benefit people who need heart surgery."

— Dr. Bolton

The Southern Nevada Affiliate of Susan G. Komen invites you to kick off Breast Cancer Awareness Month in October for our 3rd and rejuvenated...



Paint
the Square
Pink

at Town Square Las Vegas
September 28, 2013 • 6:00 p.m. to 9:00 p.m.

Join us for an evening of
Wine & Specialty Drinks
Paired with Hors D'oeuvres,
a Breast Cancer Survivors
and Co-Survivors Fashion Show
along with a
Spectacular Silent Auction
&
Live Entertainment

Tickets \$35 | At the Door \$40

For more information, call 702.822.2324

Must be 21 to attend.

focus on improving quality outcomes for heart patients in southern Nevada.

Introducing Robotic Heart Surgery

The da Vinci Surgical System® is used daily to perform robotically-assisted surgery at St. Rose Dominican Hospitals' Siena and San Martín campuses. In fact, robotically-assisted surgery is an area of focus for the San Martín Campus. Surgeons use the da Vinci for procedures that range from gallbladder removal, hysterectomies and prostatectomies, to colorectal cancer surgeries and pediatric procedures. As such, Davis says, bringing robotically-assisted heart procedures such as coronary bypass to St. Rose – and the Las Vegas Valley – was the next step in a natural, quality-driven process.

To perform robotic-assisted heart surgery, surgeons make small incisions in the chest wall between the ribs, but instead of using conventional surgical instruments held in their hands, they sit at consoles and control the robotic instruments. The da Vinci's robotic arms are slender and the surgical instruments are miniscule, so based on the surgeon's lead, they are able to make more precise movements than the surgeon can when operating on the patient with his or her hands.

"Many of the procedures Dr. Wiencek and I are introducing at St. Rose will truly benefit people who need heart surgery," said Dr. Bolton. "Our aim is to provide safer, less invasive surgeries that are in keeping with evidence-based models known to help patients recover and return home more quickly so they can move forward with their lives."

Proven Partnerships

The new cardiovascular surgery clinic joins the St. Rose-Stanford Neurosurgery Clinic introduced in 2011 and a liver transplant pre-and-post op clinic added in 2012. The St. Rose-Stanford Clinics are located at 2865 Siena Heights Dr., Suite 131, in Henderson, near the St. Rose Dominican Hospitals-Siena Campus. To consult with a cardiovascular surgeon at the St. Rose|Stanford Clinics, ask your physician for a referral or call 616-6580. **WC**

Questions & Answers

Q: What is an evidence-based model and how does it reduce patient risk?

A: An evidence-based healthcare model is a medical practice that is routinely used based on what is considered the best or safest practice after clinical research and the review of large amounts of patient outcomes data. For instance, evidence indicates that the sooner a patient's breathing tube is removed after heart surgery, the less likely the patient will contract ventilator-acquired pneumonia and the less pain he or she will experience. Because each patient is unique, physicians following evidence-based care also take into consideration their patient's individual health needs.

Health Fair

Get healthy with Dignity Health Medical Group Nevada. Come see our new Peccole Plaza Clinic for primary care. No-cost blood pressure checks, cholesterol and blood sugar screenings, chair massages, PAD screenings and more offered at this summer health fair!

August 15; 10 a.m.-2 p.m.

PECCOLE PLAZA CLINIC, 8689 W. Charleston Blvd., Ste. 105, 89117; for information, 304-5900

Heart Healthy Support. If you have cardiovascular disease, check out our WomensCare calendar of heart healthy classes and support groups.



To find a
St. Rose surgeon,
call 616-4900 or visit
StRoseHospitals.org.

Live healthier with a chronic disease

Do you have a chronic disease such as diabetes, chronic obstructive pulmonary disease (COPD), arthritis, heart disease or cancer? If so, you aren't alone. More than 125 million people in the United States suffer from at least one chronic illness. That's why the WomensCare Centers offer Healthier Living, a chronic disease self-management program developed by Stanford.

If you are an adult with a chronic condition or if you are a caregiver for someone suffering from chronic disease, this six-week workshop can help you. Topics include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercises to improve strength, flexibility, and endurance, skills to communicate effectively with family, friends, and health professionals, nutrition information and action plans, tips for assessing appropriate use of medications, new treatments and decision making tools.

Healthier Living is designed to complement the medical advice and treatment plan provided by your physician or other healthcare professional.

Healthier Living Classes

Fridays – Aug. 9 until Sept. 13; 12:30-3 p.m.
LOU RUVU CENTER, 888 W. Bonneville Ave.; register at 483-6023

Wednesdays – Sept. 4 until Oct. 9; 3-5:30 p.m.
WINDMILL LIBRARY, 7060 W. Windmill Ln.; register at 507-6036

Thursdays – Sept. 12 until Oct. 17; 10 a.m.-12:30 p.m.
HERITAGE PARK SENIOR FACILITY, 300 S. Racetrack Rd.; register at 267-2950

Mondays – Sept. 16 until Oct. 21; 1:30-4 p.m.
UNITED HEALTHCARE; 5820 S. Eastern Ave.; register at 242-7261

Thursdays – Oct. 3 until Nov. 7; 12:30-3 p.m.
HEND; register at 616-4900

See the WomensCare calendar on pages 25-30 for more details on an array of health and fitness offers.

Bottled water doesn't mean better.

When you're shopping, remember only one choice must meet all federal standards of the Safe Drinking Water Act. It's the water from your tap.

Your water has been treated with cutting-edge technology and tested by some of the top water-quality experts in the country. If you're considering purchasing bottled water or a supplemental treatment system, or would like more facts on our local water quality, ask the authority for objective information.

No one knows more about water quality than your local water agency.

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



SOUTHERN NEVADA WATER AUTHORITY

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

Everything is better when we work together

As Dr. Tracey Green, Holly Lyman and Terri Janison pursue their personal and professional passions, their paths often cross – and that's good news for southern Nevadans. The following snapshots show how these dynamic women are working to improve our health.



Dr. Tracey Green

Tracey Green, M.D.
Chief Medical Officer, State of Nevada

Dr. Green first came to Nevada in 1988 to teach sign language to chimpanzees (seriously!). Today, she is serious about addressing the health of Nevada's human population. She oversees departments that safeguard residents from preventable death and disease, provide health and early intervention services for children in need and advocate for quality health care through licensing, regulation enforcement, and education.

Dr. Green also routinely speaks about "diabetes," an issue close to her own heart (and waistline). By learning the roots of the diabetes epidemic and studying effective solutions, she has lost and kept off more than 100 pounds. "Our bodies were built to store excess calories when calories were hard to come by – but with today's ready supply of fast junk food and our increasingly inactive lifestyles, obesity and diabetes are often the results," says Dr. Green.

Holly Lyman
Director, WomensCare Centers

When Holly Lyman joined the WomensCare Center, it offered an array of mind, body and spirit programs, but by focusing on the pressing health needs of women, children and seniors, Holly made the WomensCare Centers whole.

Holly credits the WomensCare Centers' success to St. Rose's vision and values, yet her natural inclination to serve those in need has made them a reality. Along with her staff and volunteers, Holly partners with non-profit organizations and public agencies to help struggling mothers

provide good nutrition and proper nurturing for their children. Adults with chronic diseases such as diabetes and COPD receive top-quality education and support, and seniors facing the loss of loved ones, life savings or good health find compassionate listeners who allow them to talk through their troubles.

"We continue to offer incredible mind, body, spirit programs, but we are also called to help our neighbors get over the difficult bumps in their lives with their dignity intact," says Holly.

Terri Janison
Vice President of Community Development for United Way of Southern Nevada

"Health, education and financial stability are the building blocks of a successful life," says Terri Janison. Her mission – through her work with United Way, the CASA program, Shade Tree, and the CCSD Board of Trustees – has been to provide local families equal access to those building blocks.

Terri is helping build a strong backbone for support agencies that United Way partners with in southern Nevada to pinpoint and provide timely, effective intervention. One need receiving special attention is reducing lag times between birth to school age immunizations. By collaborating with organizations such as Southern Nevada Immunization and Health Coalition (SNIHC), Helping Kids Clinics and Positively Kids, United Way is helping the community provide vital health care to vulnerable residents. "As we move forward, we bring families closer to attaining the building blocks they need to construct healthy, productive lives," says Terri.



Holly Lyman



Terri Janison

Health

A QUICK EDUCATION ON VACCINATIONS

Over the course of the next eight weeks, school bells will begin to ring, summer will fade into fall and the push to get annual flu shots will intensify.

The following recommendations and reminders provide important information on how you can help protect your children and entire family from highly contagious infections.

► **“Don’t procrastinate, vaccinate,”** says Stacey Gross, WomensCare Center educator and project manager for the Southern Nevada Immunization and Health Coalition (SNIHC). “Nevada law requires that all students entering kindergarten to 12th grade meet age- and grade-specific immunization mandates, including Tdap shots (booster shot for Dtap) for all students entering seventh grade.” Because immunizations – and subsequent booster shots – help protect infants, children and adults from highly contagious, dangerous diseases such as diphtheria, tetanus and pertussis (whooping cough), Nevada state regulations also require proof of immunizations for infants or small children enrolled in licensed daycare or preschool programs.

If you are uninsured or underinsured, your children may be eligible for Vaccines for Children (VFC), a federal program that offers vaccinations against 16 diseases. For

more information about physicians and clinics that participate with VFC, visit vaxxvegas.org.

► **“Get your vaccinations before graduation,”** says Dr. Tracey Green, Chief Medical Officer for the State of Nevada. “Immunizations are required by most colleges and universities and can be costly.

If you are uninsured or underinsured, the VFC program offers eligible young people free vaccinations – including immunizations against meningitis and human papilloma virus (HPV) – until their 19th birthday.”

Students under the age of 23 who plan to live in on-campus housing at a university in Nevada must also meet standard immunization requirements for college admissions and be vaccinated against meningitis.

► **Back to school and year-round immunizations.** St. Rose and SNIHC are teaming up to offer the back-to-school immunization clinics listed below, but they are not the only ways to take advantage of free and low-cost vaccinations. The Southern Nevada Health District and other VFC-program providers – including some physicians, health clinics and participating pharmacies – provide free and low-cost childhood vaccinations throughout the year. Call the Southern Nevada Health District at 759-0898 or view the full schedule at vaxxvegas.org.

Saturday, Aug. 3; noon-4 p.m.

Green Valley Library, 2797 N.

Green Valley Pkwy., Henderson

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

CCFD Station 33, 865 E. Desert Inn Rd., Las Vegas

Saturday, Aug. 10; 10 a.m.-4 p.m.

Meadows Mall, 4300 Meadows Ln., Las Vegas

Saturday, Aug. 17; 10 a.m.-4 p.m.

Boulevard Mall, 3528 S. Maryland Pkwy., Las Vegas



Saturday, Aug. 24; 10 a.m.-4 p.m.

Galleria Mall, 1300 W. Sunset Rd., Henderson

Saturday, Aug. 24; 9 a.m.-noon

Valley View Recreation Center, 500 Harris St., Henderson

Monday, Aug. 19; 4-8 p.m.

Helping Kids Clinic, 1000 E. St. Louis Ave., Las Vegas

► “Develop a family cold and flu plan,”

says pediatrician, Dr. Rutu Ezhuthachan, board chair for SNIHC. “Having a sick child is cause enough for concern without having to worry about missing work.” Your prevention plan should include getting annual influenza vaccines for all family members six months and older, reserving a personal day or two for unexpected illnesses, and developing a “go to list” of family, friends or co-workers willing to watch your child or swap work shifts with you if you must miss work.

If your child’s symptoms include a fever, Dr. Ezhuthachan advises you to keep your child home until the fever has been gone for 24 hours (without medication) to avoid a rebound of their symptoms or the spread of infection to others. She also points out that colds are most contagious for the first 48 hours. If you are unsure about the best way to treat your child’s cold or flu, consult your doctor or healthcare provider.

► **Got egg allergies?** Although vaccines against influenza are created in chicken eggs, it is now recommended that all adults and children – even those with egg allergies – get the flu shot. Studies indicate that even children with severe egg allergies – including a history of anaphylaxis related to eggs – do not experience reactions to the vaccine, possibly because the amount of egg protein in it is so minuscule. These are important



findings, especially considering the increase in the number and severity of flu cases among children and seniors. “If you or your child have an egg allergy, have your primary care doctor or allergist administer the flu vaccine then observe you for 30 minutes to ease any concerns about allergic reactions,” says Dr. Sean McKnight, an allergy and immunology specialist. “A flu shot that is not made in chicken eggs is also available for adults.”

► InFLUence others

Protect loved ones (age 6 months and older) and yourself with a yearly influenza vaccine. No-cost influenza vaccines are available for the uninsured on a first-come, first-served basis in partnership with SNIHC.

Tuesday, Sept. 17; 7-10 a.m.

HEND

Saturday, Sept. 21; 10 a.m.-1 p.m.

MAC

Saturday, Sept. 28; 10 a.m.-2 p.m.

Paradise Park, 4775 McLeod Dr., Las Vegas

Saturday, Oct. 5; 9 a.m.-1 p.m.

East Las Vegas Community Center, 250 N. Eastern Ave., Las Vegas

Saturday, Oct. 12; 10 a.m.-2 p.m.

Chinese Baptist Church, 4034 Schiff Dr., Las Vegas

Saturday, Oct. 12; noon-3 p.m.

CCFD Station 23, 4250 E. Alexander, Las Vegas

Tuesday, Oct. 15; 7-10 a.m.

WEST

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

RDL: Saint Therese Center for HIV

“When kids read, they succeed,”

says Lisa Habinghorst, Executive Director of Spread the Word Nevada. That simple message has helped her put nearly 2.5 million gently used books into the hands and homes of southern Nevada’s at-risk children. “Children who have early and ongoing access to books have healthier academic and economic futures,” says Lisa, a former school teacher, who says that helping Spread the Word Nevada accomplish its mission is as easy as **A, B, C:**

A. Go through your kids’ bookshelves and book bags and donate books they have outgrown.

B. Serve as a Books & Buddies multi-generational reading mentor (background check and training required).

C. Volunteer to help clean gently used books, organize or assist at a book fair, or lend your support in Spread the Word Nevada’s administrative offices. Financial donations are also accepted.

For more information on becoming involved or donating gently used books, visit spreadthewordnevada.org or call 564-7809.





Henderson Stroll 'n Roll

Saturday, November 9, 2013

10am - 2pm

On Paseo Verde Parkway
From Henderson Multigenerational Center to Valle Verde Drive

Street Festival • Children's Activities • Entertainment
Bike Valet Available • Complimentary Admission



267-4000
BikeHenderson.org





Paddles Up!

Jennifer Ditmore has battled breast cancer not just once, but twice – and she is proud to say that she has come out a winner. As a member of the Pink Paddlers dragon boat racing team, she also hopes to win the gold in the 5th Annual Rose Regatta.

► **Above: Breast cancer survivor, Jennifer Ditmore and Panda Express paddlers, Kara Chu (left) and Anna Cabagay (right) will paddle to win at the 5th Annual Rose Regatta.**

“Every woman on our team has beat or is fighting breast cancer, so we come to the Rose Regatta with a special sense of empowerment and an appreciation for the thousands of people who come out to cheer us on,” says Jennifer. “But as grateful as we are to the other teams that race and raise funds to fight breast cancer, we still want to cross the finish line first!”

Seventy teams will compete in this year’s Rose Regatta, and money raised will support St. Rose’s R.E.D. Rose program (RED stands for Responsible Early Detection of breast cancer), which provides free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men 49 years and younger who lack adequate health care coverage or the financial means to obtain them.

R.E.D. Rose – which served 647 women last year – also provides living assistance for clients undergoing treatment. For clients requiring additional medical care, surgeries or hospitalization, additional support may also be offered through the St. Rose/Dignity Health Charity Care Program. **WIC**

**Saturday,
October 5, 2013
Lake Las Vegas**

For registration, festival entertainment and event information, visit roseregatta.org or call 616-4900. See calendar page 27 for practice regatta details.

Doctor makes a difference.

General Surgeon, Dr. Gregg Ripplinger, makes a big difference in the lives of women with breast cancer. He routinely donates his services to R.E.D. Rose so uninsured and underinsured women get the surgeries they need to overcome cancer.



Dr. Gregg Ripplinger

Four ways to help raise funds for R.E.D. Rose.

1. Organize or join a dragon boat team
2. Donate to a team’s fundraising challenge
3. Paint and donate a paddle to be sold at the event
4. Buy Rose Regatta merchandise at the event

**We thank our
gracious sponsors!**

Pink Sponsors



Jade Sponsors

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IS YOUR LEG PAIN A SYMPTOM OF A SERIOUS PROBLEM?

“I used to walk my dog at least four times a week, but now my legs get tired so quickly that I rarely go. I think my dog misses our routine as much as I do.

– Roger, 55 years old

“It seems like every time I walk to the mailbox or around the grocery store, I get a charley horse type pain in my right calf.” – Mary Beth, 68 years old

Sound familiar? How many times have you heard a family member or friend complain about leg pain and chalk it up to “old age”? Have you ever done the exact same thing? If so, Ric Miller, St. Rose Dominican Hospitals’ Senior Director of Cardiovascular Services, advises you to keep in mind that while aches and pains may seem to go hand-in-hand with aging, the leg pain that Roger and Mary Beth describe was actually associated with peripheral artery disease (PAD). “More than 8 million people in America have PAD and – although it’s more prevalent in people over 55 – age is only one risk factor for this common, dangerous disease.” (See risk factors under Q&A).

A Leg, Heart and Head Connection

PAD is a form of vascular disease – a condition most people associate with an

ailing heart. It occurs when arteries in the legs become clogged with fatty deposits called plaque, which reduces blood flow and causes leg pain when walking. But PAD can lead to more than discomfort – it can lead to disability. Of the approximately 1 million amputations performed in the United States each year, more than 200,000 can be attributed to leg, foot or toe complications from PAD. What’s more, if you have narrowed or blocked arteries in your legs, there is an increased chance that the arteries in your heart or brain may also be affected. “Over the long run, people with PAD have a two- to six-fold increased risk of a heart attack or stroke,” says Ric.

Like heart disease, PAD may develop slowly over many years and you may not experience symptoms until the disease reaches an advanced stage, if ever. In fact, only about one out of three people with PAD

actually feel something wrong with their feet or legs. The most common signs of PAD include one or more of these problems:

- Cramps, tiredness or pain in your legs, thighs or buttocks that happen when you walk but go away when you rest. This is called claudication.
- Foot or toe pain at rest that often disturbs your sleep.
- Skin wounds or ulcers on your feet or toes that are slow to heal or do not heal for eight to 12 weeks.

A Progressive Approach to PAD Treatment

According to Ric, treatment for PAD has two major goals. The first is to manage symptoms such as leg pain, so you can resume physical activities. The second is to stop the progression of PAD – and atherosclerosis – throughout your body to



Ric Miller,
Senior Director of Cardiovascular
Services, St. Rose

reduce your risk of amputation, heart attack and stroke. Treatment of PAD is based on a progressive approach that may include:

• **Lifestyle Changes** – The first steps in preventing and treating PAD are eating a heart healthy diet, exercising regularly and reducing excess weight. If you smoke, stopping is the single most important thing you can do to reduce your risk of PAD complications.

• **Medications** – To slow the progress of PAD, your doctor may prescribe medicine to prevent blood clots; lower your blood pressure, cholesterol or blood sugar (if you have diabetes); and control pain symptoms, in part, by increasing blood flow to your legs.

• **Angioplasty, Surgery and Clot-busting Drugs** – Just as angioplasty and bypass surgery are used to increase blood flow to the heart, they can be used to treat advanced PAD. Angioplasty is a minimally-invasive, catheter-based technique that flattens fatty build up against the artery wall, while simultaneously stretching the artery to increase blood flow. A mesh framework called a stent can also be placed in the blocked artery to help keep it open. Bypass surgery is another option and can

be done by taking a blood vessel from a different part of your body or a blood vessel made of synthetic fabric to create a new route – or bypass – that allows blood to flow around the diseased artery in your leg. If a blood clot is blocking an artery, the doctor may inject a clot-dissolving drug into the artery at the point of the clot to break it up.

• **NEW! St. Rose Dominican Hospitals** – Rose de Lima Campus is the first hospital in the western United States to use the Ocelot system to remove complex blockages from arteries in the legs. Named after the stealthy cat with incredible night vision, the Ocelot allows surgeons to see inside an artery and more effectively pass a catheter through vessels to remove blockages and restore blood flow through the legs. Prior to the FDA’s recent approval of the Ocelot, physicians had to rely on x-rays and touch and feel to guide catheters through blockages. The procedure is minimally invasive, allows patients to leave the hospital within hours, and return to normal activities within days. **W.C.**

Lady’s legs at equal risk

Remember when heart disease was considered a man’s problem? Today, we know that it is an equal-opportunity disease – and the same holds true for PAD. A woman’s risk of developing this common, dangerous form of vascular disease in her legs is equal to a man’s.

African Americans

PAD is more prevalent in African Americans – possibly because some of the conditions that raise the risk of developing PAD, such as diabetes and high blood pressure, are more common among African Americans. If you or a family member suffer from a condition that puts you at increased risk for PAD, ask your doctor if you should make PAD screening a family affair. (See screening recommendations under Q&A).

Questions & Answers

Q: What is PAD screening and should I get screened?

A: PAD screening is simple, painless and reliable. A test called an Ankle-Brachial Index (ABI) uses blood pressure cuffs to compare the blood pressure in your ankles to that in your arms. If your ABI number is low (less blood flow in your legs than in your arms), PAD may be affecting the blood flow in your leg arteries. Some PAD screenings may also ask about your medical history or have you fill out a questionnaire to assess your PAD risk.

You may benefit from PAD screening if you are:

- 70 or older
- 50 or older and have other major PAD risk factors, including smoking, diabetes, high blood pressure or high cholesterol
- 18 to 49 and have had diabetes for more than 10 years, have diabetes and smoke or have high blood pressure or high cholesterol

When you go for your PAD screening, wear a short-sleeved shirt or blouse – and women should not wear pantyhose.

▶ PAD Screening

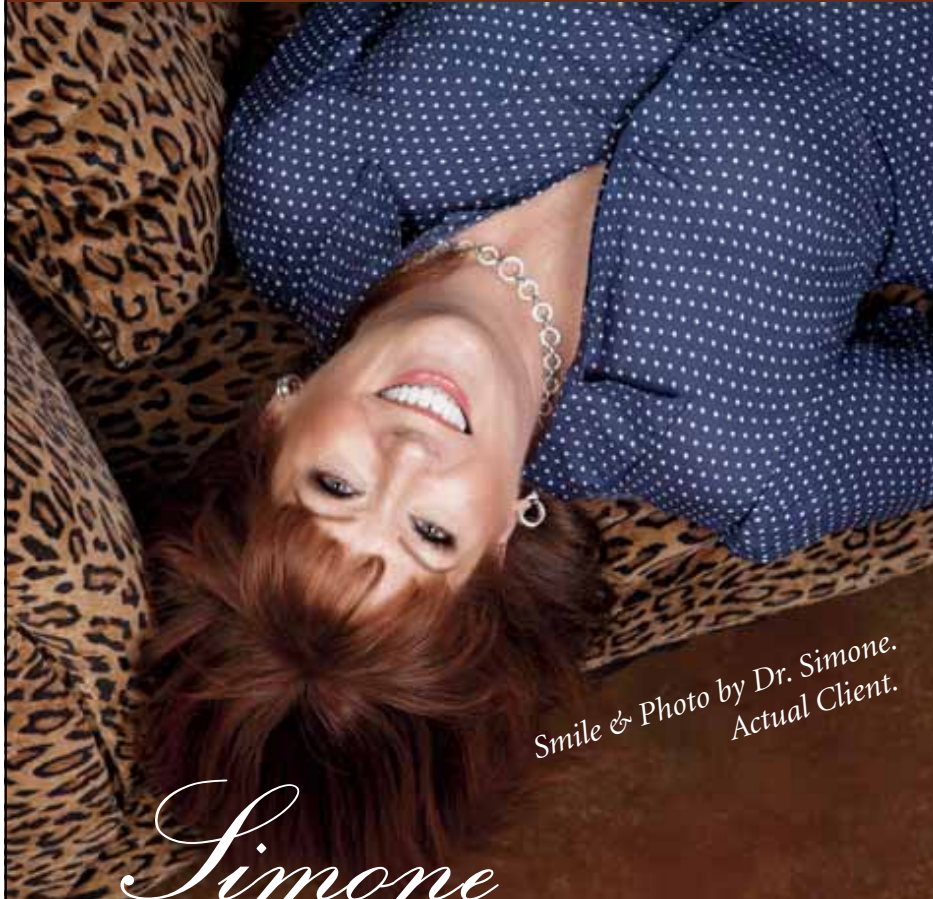
Do you have signs or symptoms of PAD? Get screened by St. Rose’s Radiology Department.

Thursday, Sept. 26; 8 a.m.-noon
HEND: FREE



**To find a
St. Rose physician,
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A kiss and a prayer

A great smile can improve your chances – or standing – among social circles, love interests and professional settings. So it's no wonder that throughout the ages, people have gone to great lengths to improve the appearance of their pearly whites. Ancient Egyptians made toothpaste from salt and crushed iris flowers, and the Chinese made toothbrushes from the stiff hairs on a pig's neck.

Maintaining a healthy smile is simpler today. Dr. Patrick Simone, DDS, recommends these tips:

Brush your teeth for two minutes, twice a day. That adds up to just 24 hours over the course of a year. In comparison, most women devote five to ten times as many hours to doing their hair.

Floss your teeth once a day. Flossing isn't just about removing food debris from between teeth. It is an effective way to remove dental plaque, which causes tooth decay and inflamed gums.

Brush or clean your tongue. It helps remove additional food and bacteria and is especially important if you smoke or have deep grooves in your tongue.

Dr. Simone also recommends seeing your dentist for routine cleanings and for toothaches – unless you'd prefer to wrap painful teeth in parchment paper containing written prayers like the ancient Chinese did or to kiss a donkey, which was the recommended cure for a toothache in Germany during the middle ages.

Prostate screening: an important talk between men and their doctors



Dr. Mark Leo, Urologist

Questions & Answers

Q: Should I be screened for prostate cancer?

A: There isn't a simple yes or no, but here are some basic guidelines about when you should talk to your doctor about prostate screening:

- If you are age 50 or older, at average risk for prostate cancer, and expected to live at least 10 more years.
- If you are age 45 or older and at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother or son) diagnosed with prostate cancer at an early age (younger than age 65).
- If you are age 40 and at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

After this discussion, men who want to be screened should be given a PSA. A DRE may also be done as a part of screening.

▶ **One in six men** will be diagnosed with prostate cancer in their lifetime. Fortunately, the five-year survival rate is 99 percent when cancer is found early.

Hearing the words “you have cancer” can bring a man to his knees – especially when it strikes where it hurts most. That’s why, in recent decades, men over 40 have been encouraged to have routine digital rectal exams (DREs) and prostate specific antigen (PSA) blood tests to detect prostate cancer in its earliest stages. But did routine screenings, early detection and aggressive treatment of prostate cancer save lives?

Undoubtedly, it saved lives. Yet in 2011, the United States Preventive Services Task Force stated that “healthy” men should not be screened for prostate cancer holding that far more men could be harmed by unnecessary prostate cancer treatments than would be saved from death. That statement led to confusion among patients and physicians.

“The issue with screening all men based simply on age is that some will have elevated PSA levels that aren’t related to prostate

cancer. But traditionally, if a man’s PSA was high, a biopsy was conducted,” says Dr. Mark Leo, urologist. “If cancer was found, most men chose aggressive treatment that came with the risk of side effects such as urinary incontinence and erectile dysfunction.”

What has become apparent in recent years is that some cases of prostate cancer are so slow growing that they never cause men harm. Based on this information, Dr. Leo says that it is important for men to become familiar with the most current prostate screening guidelines and discuss the benefits and risks of screening with their physician.

Dr. Leo stresses, however, that even if a man considers himself “healthy,” he should consult his doctor if he experiences a change in his ability to urinate, has difficulty, pain or bleeding while urinating, or swelling or pain around or near the prostate. **W.C.**

Prostate surgery success

Urologist, Mulugeta Kassahun, M.D., says that men with prostate cancer typically have three primary concerns: **1)** getting rid of the cancer, **2)** maintaining urinary function, and **3)** maintaining sexual function.

There are several prostate cancer treatment options, but the da Vinci Prostatectomy® is chosen by more U.S. men than any other treatment for prostate cancer, including traditional open surgery. Studies show that a surgeon well trained in the robotically-assisted procedure can more thoroughly remove cancer than they can through open surgery. Men who have the procedure also tend to regain their urinary and sexual function more quickly (if they were potent prior to surgery).



Mulugeta Kassahun, M.D.

A Comfortable ALTERNATIVE TO THE WAITING ROOM

Dr. Allen Marino, Chief Medical Officer for St. Rose Dominican Hospitals, understands that when an emergency department becomes particularly busy, waiting to see a doctor for an urgent issue can seem more painful than the actual medical problem. “Emergency room physicians and nurses are required to care for the most critically injured and ill patients first, even if those patients arrive after others who have been waiting,” he says. “So St. Rose has introduced a new service that allows patients with non-life or limb-threatening illnesses and injuries to wait where it is more convenient and comfortable.”

WomensCare recently sat down with Dr. Marino to learn more about how InQuicker, St. Rose’s Online ER Waiting Service™,

lowers waiting room times for some patients by up to 70 percent.

WomensCare: What is InQuicker?

Dr. Marino: InQuicker is an online registration system that can be used by patients who have non-life or limb-threatening conditions. Patients can visit our website, check in online and answer a series of prompts about their symptoms. They are then assigned a projected treatment time and can wait for that time where they feel most comfortable – at home rather than in the emergency department waiting room.

WomensCare: How much time do patients typically spend waiting in the Emergency Department?

Dr. Marino: The national average for what we call “door-to-doctor” time is 50 minutes, but because of the nature of emergencies, wait times can change by the minute, hour, day or season. We do, however, continually update projected wait times for St. Rose’s three emergency departments at StRoseHospitals.org.

WomensCare: In comparison, how much time do patients who use InQuicker spend sitting in the Emergency Department waiting room?



Dr. Allen Marino,
Chief Medical Officer, St. Rose

Dr. Marino: National data suggests that patients who check in using InQuicker spend 70 percent less time in the waiting room before being seen by a doctor. That’s because they have the option of arriving at the emergency department just a few minutes before their projected treatment time.

WomensCare: What’s the difference between a “projected treatment time” and an “appointment”?

Dr. Marino: Our emergency department team strives to provide thorough care to each patient as quickly as possible. Our priority, however, is to care for the most critically ill and injured patients first. After assessing each patient’s condition – or the symptoms they have indicated through InQuicker – we prioritize their treatment using the Emergency Severity Index (ESI), which is a national “triage” process. This means we can provide projected treatment times, but we don’t see patients on a first-come, first-served or appointment basis.

WomensCare: Is there a chance my InQuicker projected treatment time could be delayed?

Dr. Marino: Yes. If, for example, someone comes to the emergency room in the midst of cardiac arrest or ambulances arrive with people who have been severely injured in a car crash, a delay in projected treatment times for other patients may occur. The benefit of InQuicker is that if a delay occurs, you will be alerted by email and text messages so you can choose where you continue to wait.

WomensCare: What if someone with a life-threatening condition checks in using InQuicker?

Dr. Marino: InQuicker is not intended for use by people suffering life-threatening medical issues. If you experience symptoms of a life-threatening injury or illness such as heart attack or stroke, call 9-1-1 immediately. The InQuicker system tracks symptoms that may indicate a life- or limb-threatening medical condition. If a possible emergency situation is detected, you will be alerted by phone to call 9-1-1 or to go immediately to the nearest ER. (Our emergency medical staff also reviews all patient symptoms input through InQuicker).

WomensCare: What happens to my projected treatment time if my symptoms significantly worsen?

Dr. Marino: If your symptoms become worse or you become unsure about your medical condition, do not wait for your projected treatment time. When in doubt, call 9-1-1 or go to the nearest emergency room immediately. You should only use InQuicker if you are certain you can safely wait with no risk to your health. **WG**

▶ Uninsured?

Attend a workshop at WomensCare (West) to learn about Nevada Health Link, an online insurance marketplace designed to help you find an affordable health insurance plan to fit your needs. Or visit nevadahealthlink.com.

Tuesday, Oct. 8; 6-7 p.m.
WEST

Is my condition urgent or an emergency?

Some examples of emergency medical situations include:

- signs of heart attack, including chest pain
- signs of stroke, like sudden onset of numbness in the arms or legs
- severe shortness of breath
- poisoning
- major life- or limb-threatening injuries
- severe wounds and amputations
- coughing up or vomiting blood
- suicidal or homicidal feelings

If you think you are experiencing a medical emergency, call 9-1-1 immediately.

An urgent medical need is one that requires prompt medical attention, usually within 24 to 48 hours, but is not an emergency medical condition. Some examples of urgent care situations include:

- minor injuries
- sore throats, coughs and upper respiratory symptoms
- earaches
- frequent urination or burning sensation when urinating

InQuicker

To use this free service:

1. Visit StRoseHospitals.org and click on Online ER Waiting Service™ on the home page.
2. Answer prompts, including your name and symptoms.
3. Check in and wait for your projected treatment time – all while resting where you are most comfortable.



To register via InQuicker,
visit StRoseHospitals.org.



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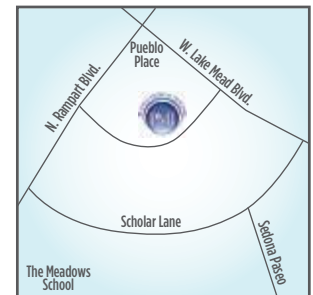
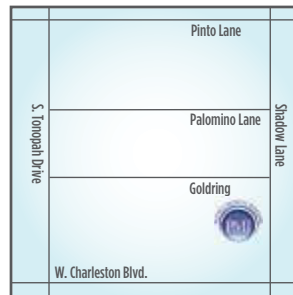
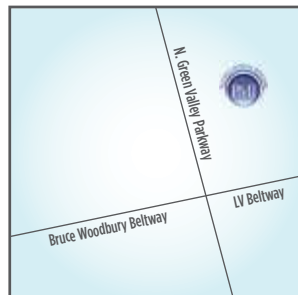
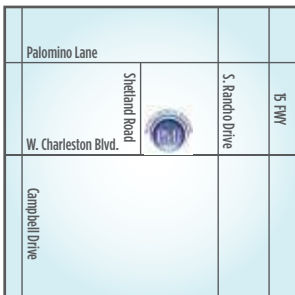
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PROTECTING YOUNG ATHLETES

It's not easy running a forward pass on crutches or throwing a fastball with your arm in a sling. Those feats would be as impossible (and inadvisable) as trying to make a slam-dunk or kick a goal with your leg in a cast. But for the child who has been sidelined with such a sports injury, it means one thing for sure: "I can't play!"

More than 40 million children and adolescents take part in organized sports in the U.S., and the numbers are rising. There's just one problem: are children getting injured while they play for reasons that are avoidable?

continue to page 22





Dr. Michael Miao

Play it Safe

According to Dr. Michael Miao, an orthopedic surgeon specializing in sports medicine, a simple and effective way to protect your son's or daughter's health and safety is to enforce the use of appropriate footwear and proper safety gear, especially during practice, which is when more than 60 percent of injuries occur. "Safety equipment that fits and is used properly is just as important as pre-season conditioning and warming up before a workout," says Dr. Miao. "I encourage parents, coaches and teammates to use a sports safety checklist before each practice and game. It's just good sports sense."

Fun vs. Funding

Just as adhering to a simple safety gear checklist can keep kids safe and ready to play, so can a reality check on how the culture of youth sports has changed. "It wasn't that long ago that youth sports followed a seasonal schedule. Kids played baseball in the spring, football in the fall, and basketball in the winter," says Dr. Miao. "They were, in effect, cross-training by allowing one set of muscles and joints to rest and recover while others were developed."

Youth sports have, however, become increasingly competitive, and many young athletes are encouraged to focus on playing just one sport on a year-round schedule to increase their chances of scoring big

wins: collegiate sports scholarships and professional sports contracts. The problem, notes Dr. Miao, is that many children are pushing their bodies - which are still growing and less resistant to repetitive stress - too hard, too long and too often. "The constant stress their muscles, ligaments, joints and bones are subjected to makes them more susceptible to overuse injuries such as tendonitis, bursitis, stress fractures and growth plate injuries," says Dr. Miao. "Some of these injuries may only sideline a child for a few weeks, but more young athletes are suffering injuries that put an early end to their sports dreams."

Kids have dreams, and as parents we want to help them achieve those dreams, but it's easy to let the lure of athletic scholarships and sports fame cause us to forget that regardless of talent or drive, our kids aren't just pint-sized versions of Anthony Bennett, Tom Brady, Mia Hamm or Serena Williams. "It's not safe to put developing bodies through the same training regimens as adult athletes," says Dr. Miao.

To avoid the problems that lead to most overuse injuries - strength imbalance, limited joint range of motion, and technique deficiencies - Dr. Miao recommends that young athletes routinely participate in cross-training that encourages whole-body fitness. Adequate physical and mental rest and correction of technique problems are also important.

"Cross-training doesn't require sending your child to an expensive professional trainer," says Dr. Miao. "Have them take some time away from the sport they routinely play to try something new - or promote general exercise by encouraging them to go swimming with friends, planning family bike rides or taking hikes that don't require reaching a specific goal. It can help your child build a well-balanced body and mind."

Most importantly, Dr. Miao recommends that parents remember the reasons their child wanted to play sports to begin with: To stay healthy, to be with their friends, to learn new skills, and most of all - just to have fun! **WC**

Questions & Answers

Q: How can parents help children get the most out of sports participation?

A: Following are several ways parents can help their children become physically fit, enjoy sports participation and avoid injuries:

- 1. Set realistic goals.** If playing sports gives your child the opportunity to get regular exercise, build self-confidence, learn teamwork and have fun, consider it a big win even if they don't bring home a trophy or earn an athletic scholarship.
- 2. Encourage overall fitness.** Does your child need help to get - and stay - in shape? Keep in mind that not all kids are meant (or physically built) to play every sport. Choosing the right sport to participate in can be just as important as choosing to play.
- 3. Know the sport and expectations.** Know the people involved with your child's sport, and have a clear understanding of the goals, expectations, and proper conditioning and equipment needed for optimal safety.
- 4. Choose the format that fits your child.** Understand the focus and the rules. Find out if your child's league or organization prioritizes competition and winning or if it is an instructional format that provides every child an opportunity to develop through equal play time regardless of the outcome of the game.
- 5. Check in with your child.** It's easy to become accustomed to sport routines and lose sight of why our children play what they play. Check in regularly with your child to re-evaluate their schedules, abilities and desire to continue participating in a specific sport.
- 6. Don't dismiss injuries.** If your child complains of joint or muscle pain, don't ignore or underestimate the problem. Serious sports injuries often start with routine aches and pains.
- 7. Relish rest and changes of routine.**

Prevent injuries

More than 60 percent of youth sport injuries happen while practicing. Have your child wear proper safety gear while at team practices and when practicing at home.

By the numbers

3.5 Million

The number of kids under age 14 who receive medical treatment for sports injuries each year.

70%

The number of kids who will drop out of youth sports by age 13. The three most common reasons kids quote: adults, coaches and parents.

40%

Sports-related injuries treated in a hospital that affect children ages 5-14.

20%

of the 2 to 4 million youth athlete coaches in the U.S. receive any formal training in coaching techniques, injury prevention or first aid.

5x

Increase in the number of serious shoulder and elbow injuries among youth baseball and softball players since 2000.

A pitch for Autism Screenings

When Paseo Verde Little League pitcher, Daniel, takes the mound, his mother Stacey can't help but feel proud. "Daniel was diagnosed with autism when he was 3 years old," says Stacey. "One of the hardest things for me and my husband, DJ, to hear was that Daniel would likely never have the social or behavioral skills necessary to play a team sport."

Children with Autism Spectrum Disorder (ASD) generally have difficulties in three important areas of development — social interaction, language and behavior. While these problems can range from mild to profoundly disabling, early screening and intervention therapies can maximize an autistic/affected child's learning, communication and social skills. The results of such therapies can, as in Daniel's case, prove dramatic. "With intensive, early intervention, Daniel was ready for kindergarten and playing team sports by the time he turned 5," says Stacey, who serves as the executive director of parents for inclusive education. "I strongly encourage parents and caregivers to know the

developmental milestones children should reach — and recognize 'red flags' that may indicate a child is at risk for an autism spectrum disorder."

If your child exhibits any of the following, ask your pediatrician or family doctor for an evaluation:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles or other facial expressions by nine months
- No babbling by 12 months
- No back-and-forth gestures such as pointing, showing, reaching or waving by 12 months
- No words by 16 months
- No meaningful, two-word phrases (not including imitating or repeating) by 24 months
- Any loss of speech, babbling or social skills at any age

For more information on autism, visit cdc.gov/milestones.

▶ **A fast pitch for Autism screenings.** Early, intensive intervention helped Daniel, diagnosed with autism at age 3, develop the social skills necessary to play team sports.

▶ **FREE Online Infant & Child Development Milestones Screenings**

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summer calendar

OF CLASSES AND UPCOMING EVENTS

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Director: Holly Lyman

Staff: Shamika Abbott, CLE; Elizabeth Arbogast; Marie Bevins, RN, IBCLC; Vanessa Borja, RD, CLE; Evelyn Castillo; Natalia Cortes; Jennifer Findlay, CLE; Aidee Flores; Aneel Flores; Stacey Gross, MPH, CHES; Dottie Hannon, CLC; Karen Hartling, CLE; Trianna Hunter, RN, IBCLC; Vicky Jeghir, CLC; Kimberlee Kobernik; Arla Leins, IBCLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel, MFT; Sandie Rapp, RN, CDE; Kim Riddle, CLC; Dorie Rodriguez, CLC; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolten, RN, CLC; Adela Victorio, CLE

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 - WomensCare Center, Henderson
HH - St. Rose Home Health, Henderson
MAC - Siena Campus - MacDonald Room, Henderson
RAN - Rose de Lima Campus - Annex, Henderson
RDL - Rose de Lima Campus, Henderson
RDR - Rose de Lima Campus - Rose Room, Henderson
SAN - San Martin Campus, Las Vegas
SGR - Siena Campus - Garden Room, Henderson
WEST - WomensCare Center, Las Vegas
WEST WIC - WomensCare Center, Las Vegas

▶ diabetes management

Stanford Diabetes Self-Management Program

Regain control of your life with this six-week diabetes self-management program, which offers support and strategies for healthy eating, medication management and communication skills. Designed to complement your current medical treatment.

Fridays – Aug. 23-Sept. 27; 12:30-3 p.m.
 WEST; register at 616-4900.

Fridays – Oct. 18-Nov. 22; 10 a.m.-12:30 p.m.
 HEND; register at 616-4900.

Thursdays – Oct. 31-Dec. 12; 10 a.m.-12:30 p.m. (no class Nov. 28)

HERITAGE PARK SENIOR FACILITY, 300 S. Racetrack Rd.; register at 267-2950.

Spanish Diabetes Program

Manejo Personal de la Diabetes es un taller gratuito que le enseña las habilidades necesarias para tomar control de su diabetes. Aprende técnicas para manejar los síntomas de la diabetes, como la fatiga, el dolor, la hiper/hipoglucemia y el estrés. Temas incluyen relajación, alimentación saludable, ejercicio, medicamento, y mucho más! Los talleres de 6 semanas se reúnen 2 horas y media a la semana.

Para obtener más información o para registrarse en un taller cerca de usted, llame al 616-4914.

Diabetes Awareness Treatment & Education

American Diabetes Association accredited diabetes education. All insurances welcome and cash discounts available. Call 616-6545 for pricing and registration.

Tuesdays & Wednesdays – Sept. 10 & 11, Oct. 8 & 9; 9 a.m.-1:30 p.m.

Tuesdays & Wednesdays – Sept. 24 & 25, Oct. 22 & 23; 5-9:30 p.m.

HEND

Pre-diabetes – Avoid the Avoidable

Learn how to avoid and/or delay the onset of diabetes.

Monday, Sept. 23; 3-5 p.m.

HEND

Wednesday, Aug. 21; 10 a.m.-noon

WEST

Happy Feet Screening

Prevent or delay common diabetes complications with this foot screening that checks circulation issues and numbness.

Friday, Sept. 13; 1-3 p.m.

HEND: FREE

Diabetes Support: Tykes & Tweens

Parents and kids with diabetes (up to age 12), learn ways to overcome obstacles and succeed in school, sports and play!

4th Monday – 6-7 p.m.

MAC

Diabetes for Caregivers... Connecting the Dots

Grandparents, family, friends and babysitters: learn how to care for a child with Type 1 diabetes! Registration required at 616-4904.

Wednesday, Sept. 25; 5-8 p.m.

WEST

T2D Kids Workshop

Type 2 Kids (age10+) join us for fun activities to control your diabetes! Refreshments served. Parents need to be present. Registration required at 616-4904.

Wednesday, Oct. 16; 5-8 p.m.

WEST

Injection Connection-Nevada Diabetes Association

Quarterly fun-filled activities for teens with diabetes. Registration required at 1-800-379-3839

Saturday, Oct. 26; Six Flags Magic Mountain, Los Angeles, CA

▶ heart & stroke prevention

Save a Life in 30 Minutes

Learn Hands Only CPR when the American Heart Association & WellPoint Foundation CPR Mobile Tour stops in Las Vegas. Call 367-1366.

Tuesday, Sept. 17-Saturday, Sept. 21; various times and locations

Cardiac Nutrition

Learn to eat for heart health from Sharon Nasser, R.D.

Wednesday, Oct. 9; 10-11:30 a.m.

HEND

Thursday, Sept. 5; 3-4:30 p.m.

WEST

- 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 Martin 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

Health Fair

Get healthy with Dignity Health Medical Group Nevada. Come see our new Peccole Plaza Clinic for primary care. No-cost blood pressure checks, cholesterol and blood sugar screenings, chair massages, PAD screenings and more offered at this summer health fair!

August 15; 10 a.m.-2 p.m.

PECCOLE PLAZA CLINIC, 8689 W. Charleston Blvd., Ste. 105, 89117; for information, 304-5900

Lower Cholesterol with TLC (therapeutic lifestyle changes)

Get your numbers right through nutrition, exercise, relaxation, and supplementation. Presented by Vanessa Borja, R.D.

Thursday, Oct. 17; 4-6 p.m.

HEND

DASH Away From Hypertension

Learn the Dietary Approaches to Stop Hypertension for lowering blood pressure from Vanessa Borja, R.D.

Friday, Aug. 23; 11 a.m.-1 p.m.

HEND

Blood Pressure Screenings

Tuesday, Sept. 17; 7-10 a.m.

HEND: FREE

Tuesday, Oct. 15; 7-10 a.m.

WEST: FREE

Heartsaver CPR/AED

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

Tuesday, Aug. 20; 5-9 p.m.

Tuesday, Sept. 17; 5-9 p.m.

Wednesday, Oct. 9; 5-9 p.m.

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

CHAMP

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

cancer screenings & survivorship

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, Sept. 12; 2-4 p.m.

HEND: FREE

Uninsured?

Learn about Nevada Health Link at nevadahealthlink.com or attend a workshop.

Tuesday, Oct. 8; 6-7 p.m.

WEST

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 Centers, and receive your test results by mail.

HEND; WEST: \$15

Mammograms

Uninsured or underinsured? Under age 50? You may qualify for a free mammogram. Call the R.E.D. Rose Program at 616-7525. Funded by Susan G. Komen for the Cure®, the National Breast Cancer Foundation and Avon Foundation.

Breast Cancer Prosthesis & Bra Fittings

Uninsured? Receive a free fitted bra and prosthesis. Call 568-9595.

asthma & COPD control

Better Breathers Club

Discover ways to manage chronic lung disease with the American Lung Association of Nevada. Caregivers welcome.

2nd Thursday – 10-11 a.m.

SMA LIFESTYLES CENTER WEST, 8670 W. Cheyenne Ave., Ste. 105, Las Vegas

4th Thursday – 3:30-4:30 p.m.

MERRILL GARDENS AT GREEN VALLEY RANCH, 1935 Paseo Verde Pkwy., Henderson

Last Thursday – 3-4 p.m.

PRESTIGE CARE, 2025 Wigwam Pkwy., Henderson

smoke free

Freedom From Smoking

Kick the habit with this supportive, seven-week American Lung Association program.

Tuesdays – Sept. 3, 10, 17, 24, Oct. 1, 8, 15 & Thursday, Sept. 26; 5:30-7 p.m.

SAN: FREE

Step Out of the Cloud

Stop smoking with hypnosis. Wear comfortable clothes and bring your pillow.

Thursday, Aug. 29; 6-8 p.m.

Tuesday, Oct. 29; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Sept. 11; 6-8 p.m.

WEST: \$25 (includes CD)

Nevada Tobacco Users Helpline

When you are ready to stop smoking, a professional counselor will help you develop an individualized plan. **1-800-QUIT-NOW** (1-800-784-8669) or livingtobaccofree.com.

screenings

Call 616-4900 for screening appointments.

LIFELINE Screenings

High cholesterol? High blood pressure? At risk of stroke? Screenings include ultrasound of carotid arteries, abdominal aortic aneurysm, peripheral artery disease and atrial fibrillation. Call 800-690-0295 or visit lifelinescreening.com for details or to pre-register.

VARIOUS LOCATIONS: \$139

Asthma Kids Club: Triggers Treasure Hunt

Ahoy Mates! Grab a treasure map and follow the clues to discover asthma triggers and collect buried treasure. Call 616-4900 to register.

- Asthma screenings, lung tests, FREE spacers and peak flow meters
- Uninsured? No-cost flu shots for all ages
- Medication checks with a St. Rose pharmacist
- Conversations with pediatric allergist and pulmonologist
- Treasure hunt activity

Saturday, Sept. 21; 10 a.m.-1 p.m.

MAC



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

Peripheral Artery Disease Screening

Do you have signs or symptoms of PAD? Get screened by St. Rose's Radiology Department.
Thursday, Sept. 26; 8 a.m.-noon
HEND: FREE

Becoming Medicine Wise

Meet individually with Pharmacist Krystal Riccio to learn how your prescription and over-the-counter medications should be taken for efficacy and to avoid negative interactions and side effects.
Wednesday, Oct. 2; 9 a.m.-noon
HEND: FREE
Wednesday, Oct. 30; 9 a.m.-noon
WEST: FREE

Health Screenings

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, A1C (diabetes) \$10, Thyroid panel (TSH, T3 & T4) \$15. A 12-hour fast is required.
Tuesday, Sept. 17; 7-10 a.m.
HEND: See prices above.
Tuesday, Oct. 15; 7-10 a.m.
WEST: See prices above.

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. 25; 10 a.m.-noon
HEND: FREE
Wednesday, Oct. 23; 10 a.m.-noon
WEST: FREE

▶ **immunizations**

Shot Records

Find and print your child's official shot record. Visit the Nevada WebIZ Public Access Portal at: izrecord.nv.gov.

WIC Immunization Clinics

SNIHC offers no-cost immunizations during WIC appointments. Log on to vaxvegas.org for scheduling information. Bring your child's shot records to appointment.

▶ **nutrition**

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit your SNAP application free of charge. Call 616-4905 to book an appointment.
Saturdays – 8 a.m.-noon
HEND WIC

Weight Management Club

Free weekly weight management group, facilitated by St. Rose registered dietitians.
Fridays – 9:30-10:30 a.m.
HEND

Mindless Eating

Learn common lifestyle and environmental weight-loss pitfalls from Dr. Dominic Ricciardi.
Wednesday, Oct 16; 6-7:30 p.m.
WEST

Why Weight?

Let go of the weight-loss struggle using hypnosis. Wear comfortable clothes and bring your pillow.
Wednesday, Sept. 4; 6-8 p.m.
Thursday, Oct. 24; 6-8 p.m.
HEND: \$25 (includes CD)
Tuesday, Aug. 27; 6-8 p.m.
WEST: \$25 (includes CD)

Carbs. The New Evil?

Learn how carbohydrates positively and negatively affect your body, metabolism and appetite from Dr. Dominic Ricciardi.
Wednesday, Sept 18; 6-7:30 p.m.
WEST

Obsessed with Food & Dieting?

If thinking about food and dieting interferes with your quality of life, find out what you can do about it from Dr. Lindsea Ricciardi.
Wednesday, Aug 21; 6-7:30 p.m.
WEST

Nutrition Consultations

Meet one-on-one with a Registered Dietitian for carb counting, metabolic testing, meal planning, Type 1, 2 and gestational diabetes, renal or heart disease, high cholesterol, hypertension, and nutrition recommendations. All insurances welcome and cash discounts available. Call 616-6545 for an appointment and pricing.

▶ **fitness**

Rose Regatta • roseregatta.org • 616-4910

Dragon Boat Paddling

Experienced and beginner dragon boat paddlers, sign up for fun and fitness on Lake Las Vegas. Dates, times and registration at meetup.com/LVDragonBoatClub.
LLV: \$10 per person; \$150 per team practice (call Terry at 497-3385 for team reservations).

Pink Paddlers Breast Cancer Survivor Team Practices

Any survivor can join this team! Call Terry at 497-3385.
1st & 3rd Mondays – 6:30-7:30 p.m.
LLV: FREE for survivors

Human Trafficking: No One is Immune

In 2011 and 2012, the Las Vegas Metropolitan Police Dept. identified 238 minors exploited through sex trafficking – 68% were from Nevada. Uncover the cruel local underworld of human trafficking with a short film presentation, discussion and Q & A session. Visit congojusticelv.org or call 305-5197 for more information.

Wednesday, Aug. 28; 6-7:30 p.m.
HEND

Zumba GOLD

Show aging who's boss with this low impact program for the young at heart.
Wednesdays – 8:30-9:30 a.m. & 9:30-10:30 a.m.
HEND: \$5 per session or 5 sessions for \$20

Walk This Way: Walking Club

All ages, fitness levels and strollers welcome.
Mondays & Thursdays – 8:30-9:30 a.m.
Call 616-4902 for seasonal meeting location: FREE

Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga and movements that target the woman's aging zones.
Tuesdays & Thursdays – 9-10 a.m. with Jeannine
HEND: \$5 per session or 5 sessions for \$20

Gentle Yoga

Gain flexibility and balance through gentle movements.
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
Fridays – 10:15-11:15 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 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)

Follow your breath and move through poses to build strength, balance and flexibility.
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

summer calendar

OF CLASSES AND UPCOMING EVENTS

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 and 1st Tuesday, Noon **SAN**

Bereavement Support Group - 2nd & 4th Wednesdays,
6 p.m. **HEND**

Better Breathers Club - 1st Thursday, 10 a.m. **SAN**

Breast Cancer Support - 2nd & 4th Mondays, 6 p.m. **HEND**

Daughters without Mothers - 1st Thursday, 6:30 p.m. **HEND**

Diabetes Support - 1st Wednesday, 10 a.m. **HH**

Diabetes Support for Tykes & Tweens - 4th Monday,
6 p.m. **MAC**

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,
6 p.m. **HEND**

Narcotics Anonymous - Wednesdays, 5:30 p.m. **COND**;
Wednesdays, 7 p.m., Thursdays, 7:30 p.m. **SAN**

Ostomy Support - 2nd Saturday, 2 p.m. **MAC**

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**

Us Too, Prostate Cancer Support - 3rd Wednesday,
7 p.m. **SAN**

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

Tai Chi

Join Stella Huang to learn graceful Chinese martial art moves to improve balance and relaxation.

Beginner: Wednesdays – 1:30-2:30 p.m.

Advanced: Wednesdays – 2:30-3:30 p.m.

HEND: \$3 per session or 10 sessions for \$20

Zumba Fitness

**Mondays & Thursdays – 6:15-7:15 p.m. & 7:30-8:30 p.m.
with Lucy**

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

Chair Exercises

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

Mondays – 9-10 a.m. with Paige

HEND: FREE

Tuesdays – 10-11 a.m. with Paige

WEST: FREE

Belly Dancing

**2nd Saturday – Aug. 10, Sept. 14, Oct. 12; 10:30 a.m. -
noon with Goldie**

WEST: FREE

wellness

Medicare ABCD's

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

Tuesday, Aug. 13 or Sept. 10; 9-10 a.m.

HEND

Medicare Open Enrollment

Sign up or review your current Medicare Drug Plan.

Tuesday, Oct. 15; 9-11 a.m.

HEND

Communication through Sign Language

Learn basic signs to increase communication in this three-week workshop for adults.

Fridays – Sept. 13, 20, 27; 3:30-5 p.m.

HEND

Fridays – Oct. 11, 18, 25; 3:30-5 p.m.

WEST

Relaxation Meditations

Practice techniques that promote peace and health with Freddie.

2nd Tuesday – Aug. 13, Sept. 10, Oct. 8; 5:30-6:30 p.m.

HEND

1st Tuesday – Aug. 6, Sept. 3, Oct. 1; 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. 13, Sept. 10, Oct. 8; 6-8 p.m.

WEST: \$5

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday – Aug. 15, Sept. 19, Oct. 17; 2:30-3:30 p.m.

HEND

Essential Oils

Enjoy a relaxing evening incorporating essential oils into everyday home and personal use.

Thursday, Sept. 12; 6-7:30 p.m.

HEND

Girl Talk

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

Wednesday, Oct. 2; 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 someone facing illness). Yarn donations also appreciated!

Learn to knit or crochet. 2nd & 4th Thursdays – Aug. 8 & 22, Sept. 12 & 26, Oct. 10 & 24; 10 a.m.-noon

HEND

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

5th Annual Rose Regatta Dragon Boat Festival

Paddle for a purpose to raise funds for breast cancer support programs at St. Rose! For details about registration, training sessions, festival entertainment and traditional noon-hour ceremonies, visit roseregatta.org or call 616-4910.

**Saturday, Oct. 5; 8 a.m.-5 p.m.
LAKE LAS VEGAS**



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

Help Helping Hands!

Needed: volunteers to drive Henderson seniors to doctor's appointments, errands and grocery shopping. Call 616-6554 if you can help.

Energy Healing Circle

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

2nd Tuesday – Aug. 13, Sept. 10, Oct. 8; 6:30-7:30 p.m. with Freddie

HEND

1st Tuesday – Aug. 6, Sept. 3, Oct. 1; 7-8 p.m. with Freddie

WEST

Energy Healing Consultations

Touchless energy work with Freddie; call 281-9212 to schedule a 30 or 60 minute appointment.

2nd Tuesday – Aug. 13, Sept. 10, Oct. 8; 1:45-3:15 p.m.

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

Various dates/times available.

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

Memory Reset

Increase your memory and recall with hypnosis. Wear comfortable clothes and bring your pillow.

Wednesday, Sept. 25; 6-8 p.m.

HEND

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

WEST

Mind Over Matter

Beat the blues and harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.

Thursday, Sept. 19; 6-8 p.m.

HEND

Tuesday, Oct. 22; 6-8 p.m.

WEST

Reflexology Foot Massage

Schedule a 30 or 60 minute session with Sarah (weeknights, 6 p.m.); call 270-6313 or email sarah@barenales.us for an appointment.

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

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

AARP Driver Safety Program

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

Mondays – Aug. 12, Sept. 9 or Oct. 14; 9 a.m.-1 p.m.

Fridays – Aug. 23, Sept. 27 or Oct. 25; 1-5 p.m.

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

Safe Sitter

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

Monday, Aug. 5; 9 a.m.-4:30 p.m.

HEND: \$20 (includes lunch)

▶ **pregnancy & childbirth**

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

Text4baby

Text BABY to 511411 to get FREE text messages for tips throughout pregnancy and your baby's first year.

Car Seat Safety Checks

Call 616-4902 for appointment.

1st Tuesday – Aug. 6, Sept. 3, Oct. 1; 1-3 p.m.

WEST

2nd Friday – Aug. 9, Sept. 13, Oct. 11; 3-5 p.m.

HEND

3rd Friday – Aug. 16, Sept. 20, Oct. 18; 3-5 p.m.

FTF

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 – 12:45-1:45 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

▶ **breastfeeding**

Nurturing Naturally

Celebrate World Breastfeeding Week by joining the Southern Nevada Breastfeeding Coalition for a resource fair with breastfeeding education, demonstrations and refreshments. Log on to snvbreastfeeding.org.

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

SPRINGS PRESERVE: 333 South Valley View Blvd., Las Vegas

Breastfeeding Helpline 616-4908

Certified Lactation Consultants or Counselors help address your questions and concerns.

Breastfeeding Consultations

Call 616-4902 for a private appointment with a Certified Lactation Consultant or Counselor.

HEND; \$50 for St. Rose Dominican Hospitals patients; \$75 for all other clients.

Baby Weigh Stations

Free weight checks. No appointment necessary.

HEND; WEST; FTF

Breastpump Rentals

Rent the Medela Symphony, a hospital-grade, double-electric pump.

HEND; WEST

New Mommy Mixer

Mondays – 11 a.m.-noon

FTF

Wednesdays – 11 a.m.-noon

WEST

Fridays – 11 a.m.-noon

HEND

La Leche League

Join other nursing mothers for information, support and encouragement.

4th Thursday – Aug. 22, Sep. 26, Oct. 24; 10-11 a.m.

FTF

▶ **infants, children & parenting**

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs



Prenatal Classes

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

Baby Basics - \$30 - HEND & WEST

Breastfeeding - \$30 - HEND & WEST

Childbirth Express - \$35 - HEND

Infant CPR - \$20 - HEND & WEST

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

Prepared Childbirth - \$50 - HEND & WEST

San Martín Campus Maternity Tour - 3rd Saturday

Siena Campus Maternity Tour - 3rd

Saturday afternoon or 4th Monday evening

summer calendar

OF CLASSES AND UPCOMING EVENTS

Teenie Halloweenie

Food, fun and free mini-pumpkins. Pumpkin patch photos for \$5. Ages birth-5.

Thursday, Oct. 24; 11:30 a.m.-1:30 p.m.

FTF

Cooking Demonstration with WIC Approved Foods

Learn to prepare healthy meals with WIC-approved foods from a registered dietitian.

3rd Thursday – Aug. 15, Sept. 19, Oct. 17; 11:30 a.m.-noon

HEND WIC: Call 616-4905 to register.

Dancing with Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props and parent participation.

Children 18 mos.-5 yrs. Call 616-4900 to register.

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

HEND WIC

Mondays – 11-11:30 a.m. or 11:45 a.m.-12:15 p.m.

WEST

Fridays – 11:30 a.m.-noon

FTF



St. Rose WIC Nutrition Program

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

HEND WIC; WEST; FTF

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.

Mondays – 11:30 a.m.-12:30 p.m.

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

Fridays – 11:30 a.m.-12:30 p.m.

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

Toddler Play Group

Toddlers 3 and under join Family to Family Las Vegas West for music and movement.

Tuesdays – 3-4 p.m.

WEST

Infant Development

Join Family to Family for this development playgroup for babies up to age 1.

Mondays – 2-3 p.m.

HEND WIC

The Family Storyteller

Explore parent-child interaction during this six-week family reading and activity program. For parents and their preschool children (4-5 years).

Mondays – Aug. 19, 26, Sept. 9, 16, 23 & 30;

10:30 a.m.-noon

HEND

Sing and Sign: Food Time

Sign language fun with Miss Shannon focused on learning ASL signs for healthy foods using songs, books, and toys. Parents with children ages birth-2 years.

Tuesdays – 2-2:30 p.m.

HEND WIC

1st & 3rd Thursdays – Aug. 1 & 15, Sept. 5 & 19, Oct. 3 & 17; 1-1:30 p.m.

WEST

3rd Tuesday – Aug. 20, Sept. 17, Oct. 15; 11-11:30 a.m.

FTF

Infant Nutrition

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

Wednesdays – 2-3 p.m.

HEND WIC

Wee Can Sign: Baby Sign Language Level I

Parents and babies (birth to 12 months) learn ASL sign language.

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

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

Thursdays – Oct. 10, 17, 24, 31; 11 a.m.-noon

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

Saturdays – Oct. 19, 26, Nov. 2, 9; 10:30-11:30 a.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 3 years old).

Fridays – Oct. 4, 11, 18, 25; 10:30-11:30 a.m.

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

Thursdays – Sept. 12, 19, 26, Oct. 3; 11 a.m.-noon

Saturdays – Sept. 7, 14, 21, 28; noon-1 p.m.

Saturdays – Oct. 19, 26, Nov. 2, 9; noon-1 p.m.

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

For more information, log on to WeeCanSign.com.

Nevada Check Up Enrollment Assistance

Uninsured children? Get assistance completing an application for the NV Check Up insurance program.

2nd Tuesday – Aug. 13, Sept. 10, Oct. 8; 9:30-10:30 a.m.

FTF

Is your child uninsured?

Call 740-4200 for Nevada Check Up information.

Storks Nest Prenatal Program

Earn points for baby supplies by participating in discussion groups about healthy pregnancy, prenatal care and new parent classes. Enjoy a different topic each month.

3rd Saturday – Aug. 17, Sept. 21, Oct. 19; 1-3 p.m.

FTF

Kickin' It with Baby – Teen Parent Program

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

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 1 to 4. Call 568-9601 to register.

Wednesdays – 10-11 a.m.

FTF

Crawlers & Climbers

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

1st & 3rd Fridays – Aug. 2, Sept. 6 & 20, Oct. 4 & 18; 10-11 a.m.

FTF

Learn & Grow Garden

Youngsters get hands-on experience growing food at the Family to Family Children's Garden! Ages 2-4. Call 568-9601 to register.

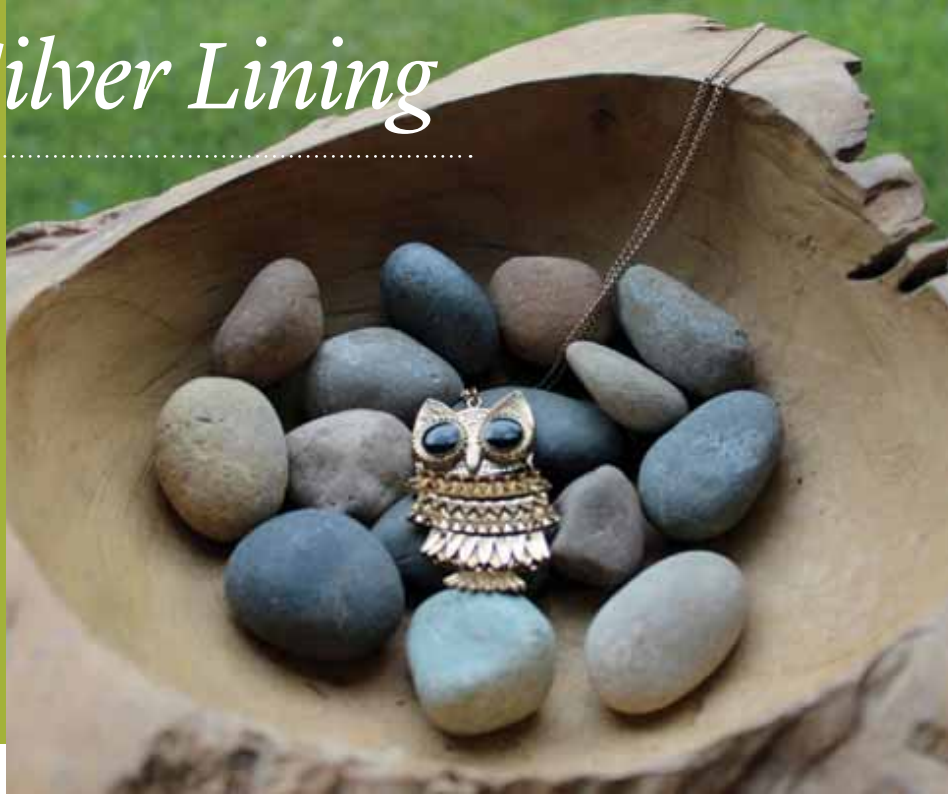
Thursday – Sept. 5 & 19, Oct. 17; 10-11 a.m.

FTF

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

Finding the Silver Lining

When Steph Wickens' daughter, Emily, was hospitalized for a head injury, she asked, "Why me, mom?" Steph has learned that it's hard to know why bad things happen to good people until you have been given a glimpse of the silver lining behind the dark cloud.



The Wickens family has faced their fair share of cloudy days. Steph has multiple sclerosis, celiac disease, and was recently involved in a horrible automobile accident. Then, just weeks before Emily's injury, the Wickens' home was ransacked. Everything precious to them – from family heirlooms to computers packed with family photos – was stolen. Even more disturbing was that the vandals fled out a window about the time Emily and her brother arrived home from middle school.

The silver lining, as a kind police officer pointed out, was that Steph and her two teens huddled together in an embrace of love in the aftermath of the attack on their home. "The officer helped me catch a glimpse of how an awful experience brought my entire family – including my husband and our youngest daughter – closer as a family," says Steph.

That following weekend, an adorable high school girl offered her sympathy and her owl necklace which was similar to the one that was stolen, to Steph. The gesture was

priceless to Steph – as are two gifts that Emily received during her four-day stay at St. Rose.

"Emily's pediatric nurse brought her a stuffed animal – an owl – and a blanket adorned with owls that was made by a loving volunteer," Steph said. "The nurse was so kind, and while the owls might seem to be a coincidence, they were our silver lining. We were reminded that a higher power is mindful of our struggles and finds relevant ways of showing us that we are loved and not forgotten." WC

"Clouds will always come, but behind each cloud the sun shines." – Steph Wickens

Reflect & Renew

Can you recall a time you've found the silver lining when a cloud covered your otherwise sunny day?

Owls have been highly favored or feared by different cultures and at various times in history. Steph, like the Greek goddess, Athena, considers owls symbols of great wisdom. What symbols or sayings represent great wisdom to you?

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