

The Barbara Greenspun WomensCare

Centers of Excellence

strosehospitals.org

winter 2013 • issue 56 for the body • mind • spirit

Fabulous Shoe Night:

**Kick Your
Soles Up at a
Social Event
with Soul**

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HELP!

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**St. Rose
Dominican Hospitals.**
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COLLECTIBLES

Upcoming Promotions

January 25th – February 10th

Free Media Case

Purchase \$100 or more of Brighton product and receive a Fill Your Heart Media Case as your gift*, ideal for holding your keys, cell phone and all the necessities!

March 1st – March 17th

Free Charm Bracelet!!!

With a single day Brighton purchase of \$75 in charms, beads, or spacers you will receive our beautifully designed Lucky Strike Charm Bracelet absolutely FREE*. Featuring Swarovski-accented four-leaf clovers, this charming bracelet looks like it came straight from the Emerald Isle!

March 18th – April 2nd

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Receive our It's Raining Cherries Umbrella as your gift* with a single Brighton purchase of \$100 or more. The perfect way to take cover from the storm while making a fashion splash!

(ALL GIFTS ARE LIMITED TO ONE PER CUSTOMER, WHILE SUPPLIES LAST.)



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The District at Green Valley Ranch 270.0100 – Tivoli Village 944.8474

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

McCarran International Airport: Main Esplanade, C Gates & D Gates

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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,

A grieving mother recently came into our WomensCare Center clutching a 2005 Winter edition of WomensCare magazine. It featured her daughter, Andrea LaFond, who had undergone a life-saving triple bypass at our Siena Campus in 2004. Andrea's surgery and survival after a major heart attack was considered a triumph, yet sadly, she was plagued by continued cardiac problems and passed away at just 51 years old.

Andrea's mother sought comfort and a sense of reassurance that our WomensCare Centers would continue to address women's heart health. In Andrea's honor, we have highlighted important heart health tips on page 10. On page 14, we also touch on some of the important support services our WomensCare Centers provide for individuals and families facing emotionally-charged issues surrounding the beginning and ending of life, as well as the peaks and valleys experienced on the journey in between.

Our WomensCare Centers staff and volunteers are dedicated to extending a sense of connection and community to you and your loved ones. Our programs also reinforce education and coping skills that can prove vital when life's struggles or crises threaten to slow you down or stop you in your tracks.

If you could use direction on dealing with a health issue – or if you've become immobilized by physical or emotional pain related to illness or loss – please know that our WomensCare Centers are here to assist you in making sense of what's going on in your world and provide the emotional hand holding necessary for you to begin moving forward again.

Fabulous Shoe Night

Julie Yeomans is the founder of the Las Vegas chapter of Fabulous Shoe Night – a national women's social group attracting fantastic women who love shoes and also see the bigger picture of making a difference in the world by starting in their own backyards.

Attend Fabulous Shoe Night's February event at Blue Martini to support the Barbara Greenspun WomensCare Centers of Excellence. Details on page 9.



St. Rose Dominican Hospitals' Annual Mardi Gras Ball

Help celebrate St. Rose Dominican Hospitals' 56th Annual Mardi Gras Ball and enjoy a retro evening of music, food and fashion. All proceeds from ticket/table sales, raffles, auctions and sponsorships 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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CHILDREN WITH DIABETES:

HELPING THEM GROW UP HAPPY AND HEALTHY

Henry is athletic. Bella is artistic. Seven-year-old Makenna is strong and sporty. As incredibly unique as each of these children are, they all have Type 1 diabetes.

The cause of Type 1 diabetes

is believed to be partly genetic, but it is classified as an autoimmune disease because something else such as a viral infection triggers its onset. When it strikes (typically in childhood or adolescence), antibodies damage cells in the pancreas that make insulin, the hormone that converts sugar (glucose) into energy. As a result, glucose builds up in the blood. While there is no known way to prevent or cure Type 1 diabetes, its symptoms – and potentially life-threatening consequences (see What is DKA? on page 7) – can be prevented.

St. Rose Dominican Hospitals provides compassionate, family-centered diabetes care and education outreach that helps children with diabetes grow up healthy and happy. As such, Henry competes on his middle school lacrosse team, Bella sings and draws and dances with her best friend, Lily, and Makenna swims and plays soccer.

The Situation in Southern Nevada

Type 1 diabetes is one of the most frequent chronic childhood diseases. Even so, only a handful of local pediatric endocrinologists specialize in diagnosing, treating and helping families manage this disease.

“Treating Type 1 diabetics – and responding to the rising number of pediatric Type 2 diabetes cases in our community – is full time work,” says Dr. Sterling Tanner, a pediatric endocrinologist. “Because pediatric endocrinologists treat a wide range of childhood growth, metabolic and hormonal problems, our local pediatric endocrine specialists are overextended, putting our children at risk of being underserved.”

To address the health issues of southern Nevada’s children, St. Rose Dominican Hospitals, with the support of a \$2.1 million donation from the UCLA Dream Fund, recently opened a new pediatric endocrinology clinic and expanded its hospital- and community-based diabetes education programs. Dr. Tanner, whose passion for his work is intensified by the fact that he, too, is a Type 1 diabetic, recently joined St. Rose as the center’s medical director.

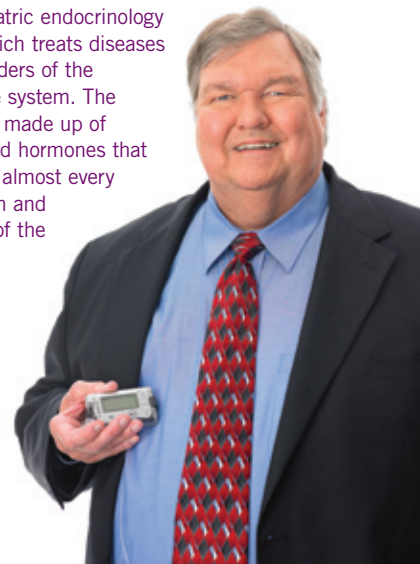
“Children are not small adults. With their changing hormones and continual growth, their endocrine system problems can be quite different and more difficult to treat than those seen in adults,” says Dr. Tanner. “It’s crucial that we have

physicians, clinicians and health educators with expertise in addressing children’s endocrine issues.”

Type 1 Diabetes: A Trusted Hospital to Care For and Educate Children

There is significant concern regarding the dramatic increase in Type 2 diabetes among adults and children in the United States, yet most children hospitalized due to diabetes complications are Type 1 diabetics who are newly diagnosed or experiencing what is

► **Pediatric Endocrinologist, Dr. Sterling Tanner**, is the medical director of St. Rose’s new pediatric endocrinology clinic, which treats diseases and disorders of the endocrine system. The system is made up of glands and hormones that influence almost every cell, organ and function of the body.



Makenna

Type 1 diabetes is a disease that typically strikes affected children like Makenna sometime between the ages of 5 and 9 years old or around the time of puberty.



Bella and Lily

Lily (brown hair) helps her best friend, Bella (blonde hair), manage her insulin pump and recognize symptoms that her blood sugar levels may be too high or too low. That's important because Bella stays with Lily's family when her mother, Tricia, travels for work.



Henry

Fourteen-year old, Henry, doesn't let Type 1 diabetes keep him from playing sports. In fact, exercise helps him keep his blood sugar levels in check.





Maybe you can't see the difference you make. Perhaps you do it only because a friend asked you to. Or simply to feel a part of something bigger than yourself. But when you do it, you change the world. And even if you can't see it, millions affected by breast cancer most certainly do.

So, please, join in the Komen Race for the Cure by registering for the Race or making a pledge, today!

The 18th Annual
Southern Nevada Susan G. Komen Race for the Cure®
on Saturday, May 4th, 2013

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referred to as a “diabetic crisis.”

“The symptoms of Type 1 diabetes are often misunderstood or initially misdiagnosed, so children like Bella and Makenna often come to us critically ill and in need of intensive care to bring their blood sugar levels under control,” says Dr. Tanner. “This disease is life-threatening, so we also provide children – and their parents – the emotional support and thorough, understandable education needed to encourage and empower them to successfully manage this disease.”

St. Rose’s nurses and registered dietitians (who are also certified diabetes educators) also care for kids who suffer diabetic crises like Henry, who became very ill when a dramatic growth spurt caused an extreme elevation in his blood sugar levels. St. Rose helped bring his levels under control and adjust the amount of insulin his pump delivers to better meet the needs of his maturing body.

“Type 1 diabetes is a lifelong disease, but by visiting St. Rose’s new clinic every three months, we can help kids avoid diabetes complications.

Type 2 Diabetes: Collaborating to Help Our Community’s Children

Hospitalization for children with Type 2 diabetes is far less common than it is for those with Type 1 diabetes, but it is still cause for great concern. That’s because Type 2 diabetes, which is characterized by the body’s resistance to and inability to properly use insulin, can damage every part of the body, including nerves, the heart, kidney, pancreas and eyes over time. What’s more, current research indicates that children with Type 2 diabetes are getting sicker faster than adults with the disease and that medications used to treat adults don’t work as well for children.

Most childhood cases of Type 2 diabetes can be prevented or managed through proper nutrition, regular exercise and maintaining a healthy weight. That good news is best delivered with a dose of compassion and a spoonful of creativity.

Eighty percent of children diagnosed with Type 2 diabetes are overweight and inactive, but while it easy to say ‘eat right, turn off the television or computer and get outside for some exercise,’ it can be hard for a child and family to hear.

Dr. Tanner points out that as a community, we need to recognize that one of the difficulties in preventing and managing Type 2 diabetes in children is that their young lives look a lot different than the lives of kids 20 to 30 years ago. “Moms and dads are both working long hours to get by nowadays,” says Dr. Tanner. “While they work, their kids are often holed up inside after school for safety reasons and meals and snacks are often loaded with sugar and fat and eaten on the run or in front of the television. The days of playing down the street with neighbor kids or enjoying a home made family dinner are few and far between for some kids.”

With multiple family and lifestyle factors to consider, Sandie Rapp, RN, CDE, St. Rose Dominican Hospitals’ Community Diabetes Educator, says a team approach is necessary to help curtail – or at least manage – pediatric Type 2 diabetes. “By enlisting the support of parents, stepparents, grandparents, educators, friends and coaches, we can help model healthy habits that kids want to follow.”

The adage “it takes a village to raise a child” could easily be said when it comes to helping children with diabetes. So while Dr. Tanner addresses the needs of children who visit St. Rose’s new endocrinology clinic, educators such as Sandie are out in the community collaborating with physicians, schools and diabetes organizations, as well as working with families and their friends to help manage and – when possible – prevent childhood diabetes.

To schedule an appointment at St. Rose’s new pediatric endocrinology center, call 616-5865. Also see page 25 for information about diabetes education programs offered for children and/or adults. WC

Questions & Answers

Q: What are the symptoms of Type 1 diabetes?

A: When children first develop Type 1 diabetes, they usually:

- Drink and urinate more (especially at night) as the kidneys try to flush out extra blood sugar
- Eat a lot, yet lose weight because the body uses fat and muscle for fuel because it can’t use sugar normally
- Feel tired a lot

Q: What types of treatment or lifestyle modifications help control Type 1 diabetes?

A: Kids who have Type 1 diabetes follow routines to help keep their blood sugar in a healthy range. They typically need to:

- Check their blood sugar levels frequently
- Have insulin shots or use an insulin pump
- Follow a healthy eating plan and exercise regularly to keep their blood sugar levels under control
- Have regular checkups with their doctors and diabetes healthcare team

Q: What Is Diabetic Ketoacidosis (DKA)?

A: DKA is a very serious condition that occurs when insulin levels dip so low that the body starts to use fat for fuel and ketones are released into the blood causing it to become too acidic. This throws off the body’s chemical balance and causes symptoms such as dehydration, blurry vision, extreme fatigue and stomach pain. Blood sugar levels can be controlled through diet, exercise and medication. If, however, a dose of insulin is forgotten or the need for insulin suddenly increases (as in during stress or illness) and the doses are not adjusted and symptoms promptly addressed, DKA can be life threatening.

Water should not be like a box of chocolates.

As SNWA Lab Manager, Linda Blish makes sure our water meets or surpasses federal drinking water standards – with no surprises. Linda oversees a busy, highly trained staff. Did we mention busy? Together, they analyze our water more than 350,000 times a year.

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

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



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



Finally! A Night to Wear Your Fabulous Shoes!

Yoga pants and tennis shoes have become Julie Yeomans' uniform, but while the former medical professional truly appreciates comfy clothing and the opportunity to stay at home to care for her kids, she can't pass a shoe sale without pining for a pair of classy pumps or rugged riding boots. That's why an event called Fabulous Shoe Night piqued Julie's interest.

Fabulous Shoe Night/ Girl's Night Out

Step into your stilettos, pull on your most fabulous cowboy boots, slip on your prettiest ballet slippers or your comfiest clogs and join women around the valley for a night of fun and fundraising benefiting the Barbara Greenspun WomensCare Centers of Excellence.

Wednesday, February 27
7-9 p.m.

Blue Martini

\$25 (includes appetizers)
RSVP: Purchase tickets at
FabulousShoeNight.com

▶ **The Barbara Greenspun WomensCare Centers of Excellence** are vital community outreach arms of St. Rose Dominican Hospitals' not-for-profit healthcare ministry. The WomensCare Centers in Henderson and southwest Las Vegas provide free and low-cost health education, disease management and psychosocial support services for women of all ages and at all stages of their lives, as well as their loved ones.

Fabulous Shoe Night is a national women's social group that organizes opportunities for women to slip on their favorite footwear and slip out of the house for girl get togethers that ultimately benefit local nonprofit organizations.

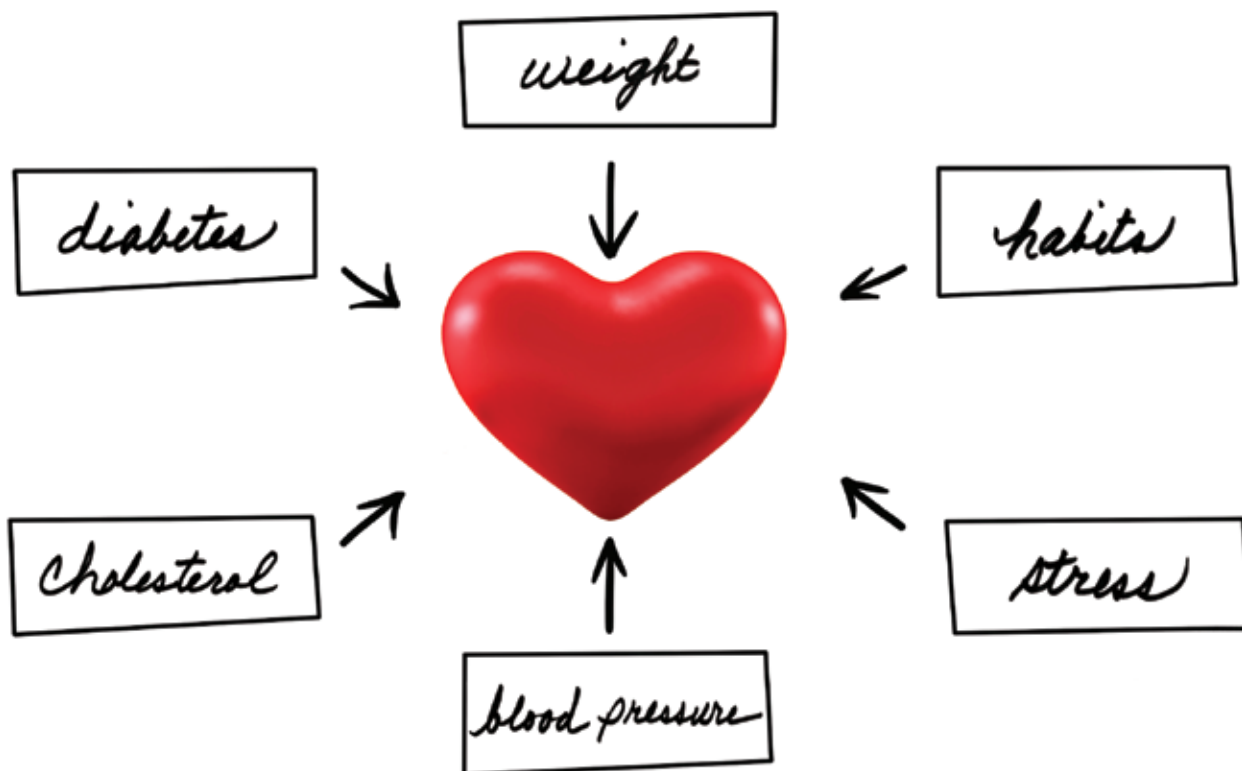
Julie first learned about the organization from a popular fashion blog called "Polished for Pennies" and found the concept so fun and simple that she launched the organization's Las Vegas Chapter. In the past six months, local women – from business professionals to CEM's (Chief Executive Moms like Julie) – have flocked to Fabulous Shoe Night events at hot spots like Lily in Bellagio and Pink Taco at Hard Rock. Proceeds from the events have benefitted charitable organizations including Girls on the Run, the Women's Development Center and LV Metro "Santa Cops."

"Fabulous Shoe Night brings women together for good conversation, free appetizers, fun prize raffles and a charitable cause," says Julie. "We also offer women an 'early out.' Our events begin at 7 p.m. and end at 9 p.m., so women can get a good night's rest and be fresh for family, work or both the following morning."

Eight Fabulous Shoe Nights will be held in 2013, including a February event that will support the Barbara Greenspun WomensCare Centers of Excellence. "Thousands of women each year benefit from the wide array of free and low-cost classes, health screenings, support groups and events that the WomensCare Centers provide," says Julie. "We picked February to support the WomensCare Centers because of the Centers' ongoing efforts to promote women's heart health – so wearing something red that night is encouraged!"

A second Fabulous Shoe Night will be held later in the year to benefit St. Rose's R.E.D. Rose program, which provides uninsured and underinsured women (49 years and younger) free clinical breast exams, mammograms, biopsies and breast cancer treatment support.

Tickets to attend Fabulous Shoe Night events are \$25, which includes appetizers and special prices on drinks. \$15 from each ticket sold is donated to the spotlighted nonprofit organization. To learn more about Fabulous Shoe Night, visit facebook.com/fabulousshoenightlasvegas or fabulousshoenight.com. **WC**



DEFEND YOURSELF AGAINST HEART DISEASE: AN EQUAL OPPORTUNITY KILLER

Women have worked hard to earn rights that were once only extended to men. In 1920, after decades of diligently fighting to be heard, women won the right to vote. In the 1960s, women (and other minorities) earned the right to equal pay for equal work. And in the 1970s, Title IX, a portion of the Education Amendments, gave women more equal access to education by banning sex discrimination in schools – and school-based athletic programs – that receive federal support.

There are many other ways in which women have earned equality, but the

fact that heart disease now kills as many women as it does men – 500,000 a year according to the American Heart Association – is not something that can be considered a triumph.

So how can women defend themselves against a killer that was once characterized as a “man’s disease?” WomensCare magazine asked three female cardiologists. Here are their sensible heart health suggestions:

Watch your weight and your waistline. If you carry too much fat, especially around your middle, it can increase your risk of heart disease. Make

small changes such as cutting back on sugary “empty calories” and eating an extra vegetable or two each day to lose weight. It may even give you the motivation to make additional healthy eating choices. For extra inspiration, clip out the American Heart Association’s dietary recommendations (at right) and post them on your refrigerator or in your calendar – or join a supportive group such as Weight Watchers. – Dr. Lindley Aviña

Give your heart a regular workout. Your heart is a muscle that benefits from exercise in the same way that your abdominals, biceps or quadriceps do.

Try to follow federal exercise guidelines, which recommend getting 60 minutes of moderate-activity exercise on most days, to maintain a healthy heart and weight.

If finding a full hour to exercise each day seems impossible, try to do a few minutes of yoga in the morning and evening, and squeeze a 20- to 30-minute walk with weights into your day. – *Dr. Pam Ivey*

Kick the habit for your heart's sake.

If you smoke, your risk of developing heart disease is two to six times greater than a nonsmoker. Kicking the nicotine habit can dramatically cut the risk to your heart, even during the first year, no matter what your age. It also has cosmetic benefits. Stopping smoking can give you a healthier glow by brightening your eyes and smile, slowing down the development of wrinkles and giving your hair greater shine. – *Dr. Jeanette Nee*

Watch out for high blood pressure.


Even slightly elevated blood pressure levels can double your risk for heart disease. If you have mild high blood pressure/hypertension, you may be able to lower your blood pressure by eating a low salt/sodium diet and cutting back on alcohol, if you drink. Losing extra weight may reduce your blood pressure, too. If medication is required to lower your blood pressure, remember that it is still important to eat a healthy diet and exercise. – *Dr. Lindley Aviña*

Find out if you have high blood cholesterol. High blood cholesterol contributes to heart disease, and contrary to what many people think, you can develop it at any age. Begin having your blood cholesterol checked at age 20 and have the test repeated at least every five years. Managing your blood cholesterol levels through exercise, diet and, if necessary, medication, can have a big payoff for your heart's health. – *Dr. Pam Ivey*

Be aware of diabetes. About 75 percent of women with diabetes die of some type of cardiovascular disease. Unfortunately, many women don't realize they have diabetes before it begins taking a toll on their hearts.

Keep your blood sugar as close to normal as possible by exercising, maintaining a healthy weight, and if necessary, taking medication. – *Dr. Jeannette Nee*

Manage your stress — and your response to it. Stress or an unhealthy response to stress may put you at greater risk for heart disease. Because stress can be motivated by family, friends, work or financial issues, try to identify your stress triggers and look for ways to reduce them. Women with high levels of work-related stress or strain are more likely to have a heart attack or other cardiovascular event. Studies suggest, however, that while high-stress work can harm your heart, the stress of job insecurity did not factor into an elevated risk of heart attack or heart disease. – *Dr. Lindley Aviña*

Discuss hormone replacement therapy (HRT) with your doctor. HRT can reduce some of the symptoms associated with perimenopause and menopause. However, some women who take hormone replacement therapy for the treatment of menopause may have an increased risk of blood clots, heart attack and stroke. If you take HRTs or are thinking about it, discuss your individual risk with your physician. – *Dr. Pam Ivey* 

Heart attack and post-traumatic stress disorder

A heart attack can feel like a physical and emotional train wreck, and about 10 percent of heart attack sufferers experience post-traumatic stress disorder (PTSD) — a condition sometimes experienced by people who have taken part in military combat, witnessed a disturbing incident such as a murder or been involved in a tragic occurrence such as a train wreck. PTSD symptoms such as nightmares, flashbacks, emotional numbness, irritability, shame, self-destructive behavior and other impairments can interfere with home and work life. If you have PTSD symptoms during the month (or more) after experiencing a heart attack, talk to your doctor or a health care professional about getting help.

► Eat smart for a healthy heart

According to the American Heart Association, as part of a healthy diet, an adult consuming

2,000 calories

a day should aim to eat:

- **Fruits and vegetables:** at least 4.5 cups a day
- **Fish (preferably oily variety):** at least two, 3.5 ounce servings a week
- **Fiber-rich whole grains:** at least three 1 ounce servings a day
- **Nuts, legumes, seeds:** at least four servings a week
- **Sugar-sweetened beverages:** No more than 450 calories (about 36 ounces) per week
- **Saturated fats:** Less than 16 grams of a 2,000 calorie diet or 12 grams of a 1,600 calorie diet
- **Sodium:** Less than 1,500 mg a day



► Heart Healthy Women - Looking for more ways to improve your heart health? Visit healthywomen.org for heart-healthy lifestyle tips, recipes and health screening guidelines.



To find a St. Rose cardiologist or cardiovascular surgeon,

call 616-4900 or visit strosehospitals.org.

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Dr. David Navratil,
cardiologist

Getting the ‘Lead’ Out

A “lead” is a thin wire that connects a cardiac pacemaker or implantable cardiac defibrillator (ICD) to the heart muscle to regulate abnormal heart rhythms. St. Rose Dominican Hospitals’ electrophysiology lab is equipped with an excimer laser, which helps safely remove leads that need to be replaced.

Questions & Answers

Why do cardiac pacemaker or ICD leads need to be replaced?

Pacemakers and ICDs generally last seven to eight years. Leads often last two to three times longer but may need to be replaced sooner if there is:

- Damage to the lead (called a fracture)
- Excess scar tissue at the tip of the lead, which requires more energy to function than the pacemaker or ICD is able to deliver
- An infection around the lead or device
- A blockage of the vein caused by a clot or scar tissue.



For help finding a St. Rose cardiologist, call 616-4900 or visit strosehospitals.org.

With advancing technology, it may seem as if you’re constantly connected to – and can’t live without – devices such as cell phones or tablets, but if you have an abnormal heart rhythm, being connected to an implantable device like a cardiac pacemaker or internal cardiac defibrillator (ICD) can truly be lifesaving.

Cardiac pacemakers and ICDs are small, battery-operated devices that are implanted under your skin near the collarbone to monitor and regulate abnormal heart rhythms. Thin electrical wires, called leads, are threaded through veins in your chest to connect the implantable device to the heart. When an implantable device detects that your heartbeat is too slow or too fast, it sends electrical impulses through the leads to stimulate your heart muscle.

Pacemakers, ICDs and leads are designed to be “permanent” devices, but most are replaced every seven to eight years due to damage, wear and tear or to implant a newer device that offers enhanced benefits. Cardiac leads typically last two to three times longer than implantable devices – and, similar to a universal cell phone charger – are compatible with different or newer types of devices. That’s good news, according to St. Rose Dominican Hospitals’ Medical Director of Electrophysiology, Dr. David Navratil, because removing and replacing

leads is more challenging than replacing an implantable device.

“Leads can be easily removed soon after they are implanted, but it becomes more difficult over time because the body’s natural defense is to form scar tissue around the foreign material,” says Dr. Navratil. “Great care must be taken when removing wires as pulling them out indelicately can tear the lining of the vein or perforate the heart.”

While there are a number of ways to remove and replace leads, Dr. Navratil says one of the most innovative, safest approaches uses an excimer laser that emits cool laser energy to dissolve scar tissue surrounding a pacemaker lead.

“To perform excimer laser lead removal, we make a small incision in the upper chest and guide a tiny sheath (tube) through the subclavian vein to the tip of the lead. A miniature excimer laser light attached to the sheath is then used to break up scar tissue surrounding the leads,” says Dr. Navratil. “The leads are then gently pulled out of the vein so new wires can be threaded from the pacemaker to the heart.”

Intravenous forms of laser lead removal – such as the excimer laser – are less traumatic than surgical lead removal, so they can be performed using conscious sedation rather than full anesthesia. So patients simply experience a light sleep without any pain. **WC**

Health

THE HELP AND SUPPORT OF OTHERS

Are you faced with a health issue, chronic condition, emotional concern or harmful dependency that you are not fully prepared to address on your own? If so, St. Rose Dominican Hospitals and the Barbara Greenspun WomensCare Centers of Excellence provide a broad array of support groups, as well as confidential peer support and counseling services at no or low cost. Following are highlights on just a few services. A full list of offerings can be found on page 28.

► Making your chronic disease more manageable.

Living with a chronic condition such as Chronic Obstructive Pulmonary Disease (COPD), rheumatoid arthritis, fibromyalgia or diabetes can be difficult. You may have to follow strict dietary guidelines or medication regimes, and it may affect your energy levels, your agility and even your outlook on life. **Healthy Living: Up2Me**, offered by the WomensCare Centers, can help. Healthy Living: Up2Me, Stanford's award-winning chronic disease self-management program (and diabetes self-management program), provides guidance and peer support in a group setting. Meetings focus on overcoming barriers so you can regain control of your life. Practical tips on taking your medicines as directed, goal setting and more are also offered in keeping with your doctor's recommendations. For more information on this no cost, six-week program, see page 26 or call 616-4900.

► Peer support for Paulita.

Paulita Ortiz felt incredibly privileged being able to stay at home to care for her mother during the last decade of her life, yet after her mother died, she says, "I faced a caregiver's crisis. I had lost so much confidence in what my role was in the world outside of my home, I didn't know what was next for me."

Fortunately, Paulita read and acted on an article about the WomensCare Center's Senior Peer Counseling program. **Senior Peer Counseling** provides confidential, supportive counseling for people facing the challenges and concerns of growing older, including loss and bereavement, retirement, health concerns, relationships, normal aging issues and loneliness. The program offers clients an outlet to work through feelings, recognize strengths, consider alternatives, learn new coping skills and redirect your life toward greater meaning and purpose.

"Everyone is different. Some clients only go for two or three Senior Peer Counseling sessions, but I felt an

immediate sense of connection with my peer counselor, so I went for a few months," says Paulita. "I am so glad I did because less than four months after my mom passed, I was diagnosed with cancer."

Paulita's peer counselor suggested she attend a cancer support group. Although Paulita didn't think she would benefit from going, she ultimately found that the support





group helped her find focus and a network of non-profit organizations willing to help her through cancer treatment and recovery.

“I was so impressed with the Senior Peer Counseling process that I enrolled in peer counselor training,” says Paulita. “Becoming a peer counselor was a gift from God. It was the finishing touch that helped me get back on my feet and ultimately to helping others.”

To learn more about Senior Peer Counseling or becoming a volunteer peer counselor, call 616-4900.

► **Breastfeeding support for the benefit of moms and babies.**

“If women have breastfed babies for thousands of years, why can’t I get it right?” It’s a question breastfeeding counselor Marie Bevins, RN, IBCLC, routinely answers. “Although breastfeeding is natural, and the best form of nutrition for your baby, it is not always second nature for a mother or a child,” says Marie. “The good news is that with the support of loved ones – and the help of a breastfeeding counselor – initial difficulties can be attended to so that both mom and baby become more comfortable breastfeeding.”

The WomensCare Centers staff offers **Breastfeeding Support Services** from the first hours after birth to well after the parents and baby go home. Support is available over the phone through the Breastfeeding Help Line (call 616-4908) or one-on-one counseling is available at the Henderson WomensCare Center. For more information, call 616-4900 or visit one of the WomensCare Centers.

► **Heart to Heart helped Keith.**

The phrase “He’s a walking heart attack” could have been used to describe Keith Neel. Cardiac exams revealed that he had three clogged arteries, with the biggest amount of blockage in his left anterior descending coronary artery. He learned that there is even a term for it – it’s called the “widow maker.”

The diagnosis was disconcerting to Keith and his wife, Marcia, but he says, “Attitude is everything. My surgeon and cardiac rehabilitation team were incredibly positive and supportive. They helped me realize that triple bypass surgery was a means to an end – moving forward with the life Marcia and I have built together.”

For an added dose of support, Keith also chose to attend St. Rose **Heart to Heart** meetings after being released from the hospital. St. Rose Heart to Heart support group meetings provide people who have been hospitalized for heart trouble – heart disease, cardiac events such as heart attack or heart surgery – information on recuperation and regaining strength, tips on living a heart healthy lifestyle, and ongoing understanding and encouragement. Families and caregivers are welcome. See page 28 for more details.

Keith recently marked his one-year anniversary after heart surgery and says he still attends Heart to Heart meetings. “I go to give and receive,” says Keith. “I appreciate the opportunity to lend support to other people facing heart health issues. It is good for my own heart and soul.”

To find a St. Rose cardiologist or cardiovascular surgeon, call 616-4900.

Veteran Suicide: Dying at home in Nevada

Nevada is no stranger to suicide, having consistently ranked in the nation’s top five for suicide rates. What makes this sad issue even more distressing is the alarming rate of suicide among young veterans who return or relocate to Nevada after months or years of active duty.

Military training and wartime service can instill an incredible sense of pride in one’s self, unit and country. Transitioning back into civilian life can, however, come with unexpected challenges related to family, friends, finances, and finding employment. The physical, mental or emotional battle scars of war can also take a toll on a young veteran’s sense of well being.

Though it is not unusual for veterans to face some struggles, those who are in crisis may experience excessive feelings of depression, anxiety, shame or hopelessness. A veteran considering suicide may also exhibit uncharacteristic behaviors such as personal neglect, poor work performance, violence or vengefulness or take “death wish” type risks like purposefully speeding and running red lights. Other signs that a veteran might be contemplating suicide may include trying to access firearms or prescription medications, or actively putting their affairs in order as if they are expecting to be gone.

If you are a veteran who is contemplating suicide – or the family or friend of a veteran in crisis – call 1-800-273-8255 or to chat confidentially, visit VeteranCrisisLine.net or text 838255. Also, see page 28 for information on Surviving Suicide, a bereavement support group for adults who have lost a family member or friend to suicide.

“We honor those who serve by never taking for granted everything they make possible.”

— *Marcus Luttrell, Navy Seal and author*

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Brush and floss for a healthy heart?

Brushing and flossing routinely helps you maintain a healthy mouth, but is good oral hygiene also important to your heart's health? The notion that oral health problems can lead to heart problems isn't easy to prove, but it's believed that periodontal disease – erosion of the tissue and bone that support the teeth – may increase your risk of heart trouble.

"When a person suffers from periodontal disease, we believe harmful bacteria from the mouth may be released into the bloodstream," says Dr. Patrick Simone, DDS. "Bacteria associated with periodontal disease have been found in plaque, which builds up and blocks arteries in the heart. This plaque can then lead to heart attack."

Dr. Simone also points out that certain types of oral bacteria can potentially set off an autoimmune response capable of harming blood vessels or causing blood clots. It is also possible that inflammation in the mouth increases inflammation throughout the body, including in the arteries, which ups the risk of heart attack and stroke.

"As scientists continue to research if and how oral health problems are linked to heart disease, continue brushing and flossing daily and see your dentist twice a year for cleanings and exams," says Dr. Simone. "We know that it protects your teeth and mouth, and we strongly believe it will also benefit your heart."



Signing helps adults who are at a loss for words

Shannon Osborne has 12 years of experience teaching Wee Can Sign® sign language classes for parents, infants and children. However, a Transient Ischemic Attack that she suffered eight years ago gave her the first-hand experience, understanding and empathy necessary to teach other adults with language loss due to stroke, traumatic brain injury and illness how to use sign language as an alternative means of communication.

Adult Sign Language

Learn basic sign language or modified sign language (for those with motor skills loss). This program helps adults who have suffered language loss due to stroke, traumatic injury or illness regain language skills. Family, friends or caregivers are also invited to take part so they can help facilitate two-way communication.

Fridays – Mar. 8, 15 & 22; 3-4:30 p.m.; HEND
Fridays – Apr. 5, 12 & 19; 3-4:30 p.m.; WEST
 Call 616-4900 to register.

▶ **Award-Winning Aphasia Lunch Bunch.** The National Stroke Association recently recognized The WomensCare Centers' Aphasia Lunch Bunch in the category of "Outstanding Support Group" at its RAISE (Raising Awareness in Stroke Excellence) national award ceremony. The Aphasia Lunch Bunch provides social and support opportunities for stroke survivors. Family members and caregivers are welcome to participate in monthly offerings. See page 28 for upcoming events.

We all have something to say, even if it is as simple as "I'd like a cup of coffee, please." Yet, for adults who have suffered language loss due to illness or injury, communicating can be difficult, frustrating and even lead to feelings of defeat.

Shannon Osborne experienced – first-hand – what it feels like to lose language skills. "I was 40 when I had a Transient Ischemic Attack (TIA or mini-stroke) that temporarily affected the language center of my brain," says Shannon. "I was terrified that I was having a stroke and couldn't clearly communicate what was happening to me."

Within minutes, however, some of Shannon's fear turned to fascination as her second language – sign language – kicked in. "I had been suffering a terrible migraine, then I went numb. When I tried to talk, I began slurring and saying the wrong words. I asked to be taken to a casino when I meant to say hospital," says Shannon. "While I couldn't speak clearly, I was able to use my hands to sign some of the things I couldn't say."

Shannon did not suffer any permanent neurological damage as a result of her TIA, but she continued to have headaches and difficulty speaking for a few weeks.

"I was often at a loss for words like 'coffee,' which was frustrating since I count on a cup to jump start my morning," says Shannon. "Fortunately, repeatedly signing what I meant to say gave the language center in my brain the jolt it needed to find and verbalize the word 'coffee.'"

Last year, Shannon was asked to lead adult sign language classes at the Barbara Greenspun WomensCare Centers of Excellence. She signed on to teach immediately.

"I initially learned sign language to help my son, Eli, communicate. He was able to sign that he was hungry, thirsty, needed a diaper change or wanted to be held by the time he was 10 months old," says Shannon. "I was so impressed that I took the brain development and sign language classes necessary to become an instructor."

Shannon has found teaching adults with language loss a rewarding challenge. "I don't know if it's irony or destiny, but it seems like I've been led down a path to help adults regain their ability to speak – or find alternative ways to communicate – through the use of sign language after language loss," says Shannon. "I appreciate the chance to help." WC



GAME ON!

NFL Hall of Fame football player Tom Mack has shelves full of trophies, yet his new knee replacement is no “off-the-shelf” implant. It’s a ConforMIS iTotal® knee replacement that was custom made to fit, feel and move more like his real knee.

The Los Angeles Rams

(now the St. Louis Rams) had 12 winning seasons during Tom Mack’s 13 years with the team. While at his *WomensCare* magazine photo shoot, Tom wouldn’t brag about his football career, but we can tell you that as an offensive lineman, Tom was known for his speed, his agility and his commitment — he never missed a single football game. Tom wishes he could say the same about his golf game, but osteoarthritis brought on by aging and old football injuries made getting around the golf course so excruciatingly painful that he routinely passed up the opportunity to play.

To relieve Tom’s pain and get his golf game back on course, orthopedic surgeon, Dr. Robert Tait, performed iTotal knee replacement using an implant that was custom-made to mimic Tom’s own anatomy.

“We replaced Tom’s left knee using a conventional knee replacement method in 2007, and while it has performed well overall, we used the incredible iTotal technology that we now have at our disposal to custom make the implant for Tom’s right knee,” says Dr. Tait. “His new right knee fits, feels and moves more like his natural knee once did.”

Conventional vs. iTotal Knee Replacement

Conventional knee replacement

surgery works for most patients, but because the implants come in “standardized” sizes, they are approximations – rather than exact fits – of patient knee sizes, which means orthopedic surgeons must shave down portions of a patient’s actual bone (femur) during the replacement procedure to make the implant fit.

The iTotal procedure, on the other hand, uses state-of-the-art diagnostic imaging and highly-specialized software to create a patient-specific knee implant that Dr. Tait says, “provides a ‘spot on’ or nearly perfect fit to the shape and load-bearing capabilities of a person’s own knee.” That’s important because preserving or restoring the natural shape of the femur allows the implant to bend, flex, move and carry weight more like a natural knee.

Another benefit of the custom-fit iTotal knee replacement is that it reduces “overhang” or “underhang,” which is the degree of mismatch between the size and shape of a patient’s femur and the knee implant. “Approximately 40 percent of those who have conventional knee replacement suffer from some amount of residual pain,” says Dr. Tait. “We know from studies that even a couple millimeters of overhang or underhang can cause lingering pain long after surgery.”

According to Dr. Tait, reducing the

amount of bone that must be shaved down to make a femur fit with a knee implant is especially beneficial for patients who require total knee replacement as early as their mid-40s and 50s. “Both conventional and iTTotal replacements are expected to last 15 to 20 years,” says Dr. Tait. “For a patient who is only 50, the bone sparing iTTotal procedure provides a more comfortable fitting implant now and leaves the door open for a wider range of treatment options if the need arises down the road.”

The ConforMIS iTTotal Procedure

Several weeks before Tom had iTTotal knee replacement surgery, a series of CT images were taken of his knee, hip and ankle. The images were then evaluated by Dr. Tait and uploaded to a sophisticated software program that created a 3-D virtual model of Tom’s knee. That model was then used to make his custom iTTotal implant.

A computer analysis using the CT scans of Tom’s entire leg was also performed to provide Dr. Tait a visual “game plan” of sorts. “Technology has not only allowed us to make an improved knee replacement, it has better prepared us to accurately position the new knee for optimal alignment, stability and load-bearing capabilities,” says Dr. Tait.

“This new technology has eliminated two steps that are crucial to conventional knee replacement surgery: 1) the insertion of a positioning rod inside the femur to align the implant to the rest of the leg and 2) the cutting of the posterior cruciate ligament to stabilize the new implant. Eliminating these steps typically results in less blood loss during surgery and a quicker recovery period.

In Tom’s case, he had iTTotal knee replacement the second week of May and was totally recovered by early July. “I couldn’t find a happy medium before surgery. I was always in pain,” says Tom. “Now I can bend and turn with no problem and no pain. My golf game is still no good, but now I can’t say that it has anything to do with my knee.” **WC**



▶ **Dr. Robert Tait**, the Chief of Staff of St. Rose Dominican Hospitals - Siena Campus, is an orthopedic surgeon who performs ConforMIS iTTotal knee replacement surgery.



▶ **Traditional knee replacements** come in standardized sizes which require shaving the femur bone to fit the implant. It may result in “overhang” or “underhang,” which describes the mismatch between the size and shape of the patient’s femur and the implant. iTTotal knee replacement implants are custom made to fit each individual patient, thus bend, flex, move and carry weight more like a healthy, natural knee.

▶ **In December, the Leapfrog Group** announced its hospital safety scores for all eligible hospitals in the U.S., and St. Rose Dominican Hospitals-Rose de Lima Campus was the only hospital in southern Nevada to receive an “A.” Additionally, the St. Rose hospital system (Rose de Lima, San Martín and Siena Campuses) was the best-performing system in southern Nevada. Participation in the Leapfrog survey is voluntary, and all three St. Rose Dominican Hospitals, along with 2,600 other hospitals nationwide, participated.

Questions & Answers

Q: What is osteoarthritis?

A: Osteoarthritis, the most common form of arthritis, is a degenerative joint disease that affects millions of people. It is caused by the breakdown and eventual loss of joint cartilage, which causes the bones to rub together resulting in extreme pain. Osteoarthritis resulting from “wear and tear” is the most common reason people undergo knee replacement surgery.

Q: What are the benefits of total knee replacement surgery?

A: Total knee replacement can completely or significantly diminish knee pain caused by osteoarthritis thereby giving people their mobility back. Orthopedic surgeons don’t advise a grin-and-bear-it approach to knee pain; however, they generally do not recommend knee replacements until other less-invasive treatment options – including rest, pain medication, cortisone shots, physical therapy, weight loss and arthroscopic surgery – have been explored. In addition, some younger patients may benefit from a less-invasive procedure called osteotomy, which shifts the alignment of the knee so the weight-bearing part of the knee is moved away from diseased cartilage and onto healthier tissue.



To find an orthopedic surgeon,
call 616-4900 or visit
strosehospitals.org.

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Help! My baby's head has a flat spot



Provide Baby A Safe Place to Sleep

- Place your baby to sleep on his back on a firm surface – every time.
- Do not put blankets, loose bedding, wedges, stuffed animals or any objects that could increase the risk of entrapment, suffocation or strangulation in the crib.
- Do not have your baby sleep with you, other children or even a twin.
- Breastfeed as much and for as long as you can. Studies show that breastfeeding your baby can help reduce the risk of SIDS.
- Keep your baby away from smokers and places where people smoke.
- Do not let your baby get too hot or use hats to keep them warm – try using sleep sack style pajamas.

▶ **New Mommy Mixers.** Christy, pictured with her son, Jeff, has made great friends and gained invaluable parenting insight at the WomensCare Center's New Mommy Mixers. For more information about the mixers, see page 30.

▶ **Above: Baby Jeff** favors turning his head toward the right when he sleeps. He developed a flat spot on the side of his head, but Christy follows the steps below to help his skull shape normally as he grows.

According to pediatrician, Dr. James McGhee, the soft bones of an infant's skull can be reshaped if a baby routinely sleeps or lies in the same position. To reduce the chances your baby will develop positional plagiocephaly (flat head syndrome), he suggests trying the following:

Sleep Time. When you put your baby down to sleep, always place him on his back but alternate the end of the crib where you place his head. This will encourage him to turn his head in different directions as will periodically repositioning his crib or a crib mobile.

Tummy Time. When your baby is awake, alternately place her on her back and on her tummy. Supervised tummy time will help her build strong motor skills and neck muscles, which are essential to turning and moving her head. Begin tummy time during her first week of life as babies who are not placed on their tummies early on are more apt to fuss and cry when you do so later. Getting eye level with your baby – and rolling a receiving blanket to place under her chest can also make supervised

In the early 1990s, the American Academy of Pediatrics launched a safety campaign encouraging parents to place babies on their backs when they sleep. The “Back to Sleep” campaign helped significantly reduce the number of deaths due to Sudden Infant Death Syndrome (SIDS), but it also led to an increase in the number of babies who develop flat spots on the backs – and sometimes sides – of their heads.

tummy time more interesting and comfortable.

Sitting time. When your baby is awake, routinely hold him upright or carry him in a front pack, which puts less pressure on the back or side of his head than sitting in an infant seat, car seat carrier or stroller.

Feeding time. When feeding your baby, alternate the arm you cradle her head in to help reduce pressure on one spot of her head. (You'll naturally do this when you breastfeed).

Consultation time. It's not uncommon for babies to have misshapen heads during the first few months of their lives as a result of the pressure put on their skulls in utero, during the birthing process or when sleeping on their backs. Most cases of plagiocephaly do not require surgical correction or skull reshaping helmets. If, however, you are concerned about the shape of your baby's head, talk to your pediatrician. He or she can differentiate between infants with plagiocephaly and infants with craniosynostosis, a more serious condition that can lead to neurological damage or severe craniofacial deformity. **WC**

Mindi's Road to WEIGHT LOSS AND A HEALTHIER LIFE



► Mindi Percell was once among the one-third of Americans who are obese, but weight loss surgery helped her drop more than one-third of her weight. She is now fit, trim and no longer has to take high blood pressure medication. What's more, as a Harley enthusiast, Mindi is enjoying the ride of her life with her husband and adult son.

W

hen Mindi Percell's family practice physician told her she was in "perfect health," she asked him to repeat his words. "I'd never heard that I was perfectly healthy, so I wanted to hear it again and again," says Mindi, who had battled her weight for decades and been on high blood pressure medication since she was just 18.

Questions & Answers

Q: Can weight loss surgery benefit even more people?

A: The National Institutes of Health traditionally recommended gastric bypass only for patients whose body mass index (BMI) was 40 or above – and for patients with a BMI of 35 or more who had at least one obesity-related condition (e.g., high blood pressure, sleep apnea, joint disease and/or metabolic syndrome) and who have not lost weight through less invasive methods. In the past, some obese patients continued to pile on pounds just to qualify for that surgery threshold, yet recent research suggests that people who have a body mass index (BMI) of 30 or higher – and who suffer at least one obesity-related condition – might realize the greatest benefits from weight loss surgery. A Stanford data analysis found that patients whose pre-surgery BMIs were below 35 experienced a total remission from type 2 diabetes in the year following surgery.

Several factors contributed to Mindi's continual weight gain, but moving around for her husband's military career made matters worse. "My family and lifelong friends have always loved me for who I am, but when we moved from one community to the next, I felt less confident in my ability to go out and make new friends because I felt increasingly ashamed by and judged because of my weight."

Two years after the military brought the Percell family to Las Vegas, Mindi discussed weight loss surgery with her husband. "My husband watched the difficult road I'd gone down and could see that my weight situation wasn't getting any easier," says Mindi. "He was supportive of my decision to have surgery."

Mindi's next step was finding a physician. "There is a glut of weight loss surgery advertising," says Mindi. "I needed to feel completely comfortable that I was choosing the physician most qualified to perform my surgery." Research led Mindi to Dr. Tom Umbach, the only center of excellence fellowship-trained bariatric surgeon in southern Nevada.

Dr. Umbach talked Mindi through all of her options, and she chose to have lap-band surgery (a reversible procedure), in part because it was the only type of weight loss surgery her insurance covered. The lap band procedure, which separated Mindi's stomach

into two separate compartments, paid off. She dropped a third of her weight within a year and a half and has kept it off. Even so, as Mindi looked down the road to where she and her husband might live out their retirement years, she decided that she wanted a more permanent weight loss solution.

"The lap band requires that some specific dietary requirements be followed and they sometimes made me nauseous," says Mindi. "Adjusting the band can help alleviate nausea, and the band could be removed or replaced if it caused me any serious difficulties, but I was concerned about whether I could get back to Las Vegas to see Dr. Umbach for further treatment if we moved."

So last March, Mindi had a permanent form of weight loss surgery called sleeve gastrectomy (known as the gastric sleeve technique). Dr. Umbach performed the technique laparoscopically (through small keyhole-sized incisions) and removed 80 percent of Mindi's stomach, including the portion that produces a hunger-stimulating hormone called ghrelin. The gastric sleeve procedure is similar to other forms of gastric bypass but doesn't require the second step of rerouting the intestines that allows food to bypass a portion of the intestine to reduce calorie absorption.

Since having the gastric sleeve

procedure, Mindi has lost an additional 20 pounds and says, "My stomach still growls now and then, but because my brain doesn't cry 'eat, eat, eat,' I feel satisfied with the smaller meals my stomach can accommodate."

Mindi and her husband have opted to stay in Las Vegas for the foreseeable future, but she says, "Weight loss surgery has allowed me to move forward with my life." **WC**

► **Gastric sleeve weight loss surgery** offers many of the same benefits of gastric band and gastric bypass surgeries – and can be a preferable form of surgery because it:

- Avoids potential problems of gastric bypass, including the nutritional deficiencies caused by malabsorption.
- Eliminates the occurrence of "dumping syndrome," where stomach contents move too rapidly through the small intestine leading to unpleasant side effects.
- Reduces the likelihood of maintenance problems because there are no artificial implants like those associated with gastric banding.



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Infants, Children & Parenting, pg. 30

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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 - 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 Martín Campus, Las Vegas
SGR - Siena Campus - Garden Room, Henderson
WEST - WomensCare Center, Las Vegas
WEST WIC - WomensCare Center, Las Vegas

- 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

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winter calendar

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▶ diabetes management

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HEND

Fridays – Mar. 8 until Apr. 12; 10 a.m.-12:30 p.m.

GREEN VALLEY LIBRARY, 2797 N. Green Valley Pkwy.

Thursdays – Apr. 4 until May 9; 12:30-3 p.m.

HEND WIC

Spanish Diabetes Program - Manejo Personal de la Diabetes

Este taller gratuito le enseña las habilidades necesarias para tomar control de su diabetes. Aprenda técnicas para manejar los síntomas de la diabetes, como la fatiga, el dolor, la hiper/hipoglucemia y el estrés. Para obtener más información o para registrarse llame al 616-4914.

Miércoles – 6 de Marzo al 10 de Abril; 3-5:30 p.m.

GREEN VALLEY LIBRARY, 2797 N. Green Valley Pkwy.

Miércoles – 10 de Abril al 15 de Mayo; 2-4:30 p.m.

JAMES I. GIBSON LIBRARY, 100 W. Lake Mead Pkwy.

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 – Feb. 12 & 13, Mar. 5 & 6, Apr. 9 & 10; 9 a.m.-1:30 p.m.

Tuesday & Wednesday – Feb. 26 & 27, Mar. 19 & 20, Apr. 23 & 24; 5-9:30 p.m.

HH

Pre-diabetes – Avoid the Avoidable

Join a St. Rose Dietitian and the Diabetes Education Team to learn how to avoid and/or delay the onset of diabetes. Don't wait for the diagnosis!

Thursday, Mar. 14; 5-7 p.m.

WEST

Happy Feet Screening

Help prevent or delay foot complications and diabetes-related problems by having your feet screened for circulation issues and numbness.

Friday, Mar. 15; 1-3 p.m.

HEND: FREE

NEW: Diabetes Support for Tikes & Tweens

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

4th Monday, 6-7 p.m.

MAC

▶ heart & stroke prevention

Cardiac Nutrition

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

Wednesday, Apr. 10; 10-11:30 a.m.

HEND

Thursday, Mar. 7; 3-4:30 p.m.

WEST

Lower Cholesterol with TLC (therapeutic lifestyle changes)

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

Wednesday, Mar. 6; 3-6 p.m.

WEST

DASH Away from Hypertension

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

Thursday, Apr. 25; 1-3 p.m.

HEND

Evening with A Doc: Growing Up with Diabetes

Bring your family to meet with Pediatric Endocrinologist, Dr. Sterling Tanner. Learn how children with diabetes can stay healthy and do the things kids like to do.

Monday, Feb. 25; 6-7 p.m.

MAC

winter calendar

OF CLASSES AND UPCOMING EVENTS

Healthy Living: 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!

Fridays – Mar. 15 until Apr. 19; 1-3:30 p.m.
WEST

Wednesdays – Apr. 24 until May 29; 10 a.m.-12:30 p.m.
HEND

Blood Pressure Screenings

Tuesday, Apr. 16; 7-10 a.m.
HEND: FREE

Tuesday, Mar. 12; 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.

Wednesday, Feb. 27; 5-9 p.m.

Tuesday, Mar. 26; 5-9 p.m.

Tuesday, Apr. 16; 5-9 p.m.

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

CHAMP

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

▶ asthma & COPD control

Better Breathers Club

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

1st Thursday; 10-11 a.m.

SAN

Fabulous RED Shoe Night!

Put on your red shoes and join us for heart awareness month and girls night out.

Wednesday, Feb. 27; 7-9 p.m.

Blue Martini: \$25 (appetizers included)

RSVP: Purchase tickets at FabulousShoeNight.com

▶ cancer screenings & survivorship

FIT Colon Test

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

Mammograms

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

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.

▶ smoke free!

Freedom From Smoking

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

Tuesdays – Apr. 2, 9, 16, 23, 30, May 7, 14 & Thursday, Apr. 25; 5:30-7 p.m.

SAN: FREE

Step Out of the Cloud

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

Wednesday, Mar. 27; 6-8 p.m.

HEND: \$25 (includes CD)

Wednesday, Apr. 24; 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.



▶ screenings

Call 616-4900 for screening appointments.

Peripheral Artery Disease Screening

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

Thursday, Apr. 11; 8 a.m.-noon

HEND, REHAB SUITE 140: FREE

Becoming Medicine Wise

Meet individually with Pharmacist Krystal Riccio to learn how your current and over-the-counter medications should be taken for efficacy and to avoid negative interactions and side effects.

Wednesday, Apr. 3; 9 a.m.-noon

HEND: FREE

Wednesday, Apr. 17; 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, Mar. 12; 7-10 a.m.

WEST: Prices listed above.

Tuesday, Apr. 16; 7-10 a.m.

HEND: Prices listed 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, Mar. 13; 10 a.m.-noon

WEST: FREE

Wednesday, Apr. 17; 10 a.m.-noon

HEND: FREE

▶ immunizations

WIC Immunization Clinic

No cost shots for infants and children offered during your WIC appointment; sponsored by SNIHC. Please bring your child's shot record.

Thursday, Feb. 21; 9 a.m.-noon

HEND WIC: Call 616-4905 to register.

No Cost Shots

No cost shots for eligible children ages 0-6. Bring your child's shot record.

Wednesday, Apr. 24; 10 a.m.-2 p.m.

SAN

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

▶ **nutrition**

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will assist you in completing and submitting 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 group to help you reach your weight management goals. Facilitated by St. Rose Registered Dietitians.

Fridays – 9:30 a.m.
HEND

Fire Up Your Metabolism

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

Wednesday, Feb. 20; 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, Mar. 6; 6-8 p.m.
HEND: \$25 (includes CD)

Wednesday, Apr. 3; 6-8 p.m.
WEST: \$25 (includes CD)

Carbs. The New Evil?

Learn the good, bad and ugly of carbohydrates from Dr. Dominic Ricciardi and how they can positively or negatively affect your body, metabolism and appetite.

Wednesday, Mar. 20; 6-7:30 p.m.
WEST

Emotional Eating

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

Wednesday, Apr. 24; 6-7:30 p.m.
WEST

Nutrition Consultations

Meet one-on-one with a Registered Dietitian for carbohydrate counting, weight goals, metabolic testing, meal planning, diabetes type 1, 2 and gestational, renal disease, heart disease, hyperlipidemia, hypertension, nutritional guidelines. All insurances welcome and cash discounts available.

Call 616-6545 for an appointment and pricing.

▶ **fitness**

Dragon Boat Paddling

Experienced and beginner dragon boat paddlers invited to join others for fun and fitness on Lake Las Vegas. Registration at meetup.com/LVDragonBoatClub.

2nd & 4th Saturdays – 9 a.m. & 10:15 a.m.
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 Saturdays – 11:15 a.m.
LLV: FREE for survivors

Walk This Way: Walking Club

All ages and fitness levels (and strollers) welcome.

Mondays & Thursdays – 8:30-9:30 a.m.
Call 616-4900 for seasonal meeting location: Free

Beginner Pilates

Build a strong core with floor exercises.

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

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 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 – 10:20-11:20 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)

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

Saturdays – 11 a.m.-noon with Dorothy
HEND: FREE

Tuesdays – 6-7 p.m. with Jen
Fridays – 9-10 a.m. with Jen
Saturdays – 9-10 a.m. with Jen (FREE)
WEST: \$5 per session or 5 sessions for \$20

Tai Chi

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

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

Mad Hatter's Wonderland of Health

Celebrating Nevada Infant Immunization Week

Join us in the Healing Garden for a wonderland of safety resources and fun. Follow the white rabbit to:

- Drink me! Eat me! Eating Foods Across the Rainbow. Tips to encourage your picky eaters to select healthy food options presented by Megan Esparza, R.D.
- A Mad Hatter Tea Party
- Bring your most fun, crazy hat and enter the Mad Hatter Hat contest
- No cost immunizations for eligible children 0-6 years old
- Hearing and vision screenings
- Dental fluoride varnish
- Car seat safety checks
- Breastfeeding information
- Little chefs cooking with the dietitian
- Demonstrations in the Healing Garden include: Baby & Toddler Sign Language, Dancing with Miss Jenny, Tawanda Time, Gymboree Play Time and Learn & Grow Garden

Don't be late for a very fun date! Call 616-4900 to register.

Wednesday, Apr. 24; 10 a.m.-2 p.m.
SAN



winter 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 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 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**

Co-dependency (CODA) - 1st & 3rd Thursdays, Noon **HEND**

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

Diabetes Support for Tikes & Tweens - 1st 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,
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**

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 Exercise

Practice fun, simple cleansing breath, stretch,
strength and balance movements while
comfortably seated in your chair!

Mondays – 9-10 a.m. with *Paige*

HEND: FREE

Tuesdays – 10-11 a.m. with *Lynn*

WEST: FREE

Belly Dancing

2nd Saturday – Feb. 9, Mar. 9, Apr. 13; 10:30 a.m.-noon
with *Goldie*

WEST: FREE

wellness

Medicare ABCD's

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

Tuesdays – Feb. 12, Mar. 12 or Apr. 9; 9-10 a.m.

HEND

Thursdays – Feb. 14, Mar. 14 or Apr. 11; 9-10 a.m.

WEST

Communication through Sign Language

Learn basic signs to reduce frustration and help
with everyday communication in this 3-week
workshop for adults.

Fridays – Mar. 8, 15 & 22; 3-4:30 p.m.

HEND

Fridays – Apr. 5, 12 & 19; 3-4:30 p.m.

WEST

Asthma Kids Club

Surf's up! Hula over to the Asthma Kids Club's Breathe Easy
Luau for tools to help your kids manage asthma and allergies.
Call 616-4900 to register.

- Asthma screenings and lung tests
- Free spacers and peak flow meters
- Lung and allergy health exhibits
- Medication checks with a St. Rose pharmacist
- Conversations with Dr. Sean McKnight and Dr. Craig Nakamura
- Fun activities, games and tropical snacks!

Saturday, Mar. 9; 10 a.m.-1 p.m.
MAC

Relaxation Meditations

Practice techniques that promote peace and
good health with Freddie.

2nd Tuesday – Feb. 12, Mar. 12, Apr. 9; 5:30-6:30 p.m.

HEND

1st Tuesday – Feb. 5, Mar. 5, Apr. 2; 6-7 p.m.

WEST

Balancing Energy Fields

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

2nd Tuesday – Feb. 12, Mar. 12, Apr. 9; 6-8 p.m.

WEST: \$5

The Mind Spa

What is stress doing to you and what can you
do about it? Join Dorothy and learn breathing,
relaxation and meditation techniques to reduce
the damaging effects of stress.

Friday, Apr. 12; 3-4 p.m.

HEND

Tea & Talk Book Club

Call 616-4900 for monthly book titles.

3rd Thursday – Feb. 21, Mar. 21, Apr. 18; 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.

Thursday, Mar. 14; 6-7:30 p.m.

HEND

Tuesday, Apr. 23; 6-7:30 p.m.

WEST

Girl Talk

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

Thursday, Apr. 25; 6-7 p.m.

HEND



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

Intention Collage

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

Wednesday, Apr. 3; 5:30-7:30 p.m.

HEND: \$5

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 – Feb. 14 & 28, Mar. 14 & 28, Apr. 11 & 25; 10 a.m.-noon

HEND

2nd & 4th Thursdays – Feb. 14 & 28, Mar. 14 & 28, Apr. 11 & 25; 1-3 p.m.

WEST

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 616-4900 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.

Energy Healing Circle

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

2nd Tuesdays – Feb. 12, Mar. 12, Apr. 9; 6:30-7:30 p.m. with Freddie

HEND

1st Tuesdays – Feb. 5, Mar. 5, Apr. 2; 7-8 p.m. with Freddie

WEST

Energy Healing Consultations

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

2nd Tuesdays – Feb. 12, Mar. 12, Apr. 9; 1:45-3:15 p.m.

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

WEST: \$30-30 mins.; \$60-60 mins. Call 281-9212 for appointment.

Heal Yourself with Hypnosis

Ease stress and find relief from disease and pain. Wear comfortable clothes and bring your pillow.

Tuesday, Mar. 19; 6-8 p.m.

WEST: \$25 (includes CD)

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.

AARP Driver Safety Program

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

Mondays – Feb. 11, Mar. 11 or Apr. 8; 9 a.m.-1 p.m.

Fridays – Feb. 22, Mar. 22 or Apr. 26; 1-5 p.m.

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

Safe Sitter

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

Monday, Feb. 18; 9 a.m.-4:30 p.m.

HEND: \$20 (includes lunch)

Sexual Assault Prevention

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

Saturday, Apr. 20; 10 a.m.-2 p.m.

RAN

▶ 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.

Car Seat Safety Checks

Call 616-4902 for appointment.

1st Tuesday, Feb. 5, Mar. 5 & Apr. 2; 10 a.m.-12:30 p.m.

WEST

2nd Tuesday, Feb. 12, Mar. 12 & Apr. 9; 3-5:30 p.m.

HEND

3rd Tuesday, Feb. 19, Mar. 19 & Apr. 16; 3-5:30 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 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

▶ breastfeeding

Breastfeeding Helpline 616-4908

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

Breastfeeding Consultations

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

HEND; WEST



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

Infant CPR - \$20 - HEND & WEST

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

Prepared Childbirth Classes - \$50 - HEND & WEST

San Martín Campus Maternity Tour - 3rd Saturday

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

winter calendar

OF CLASSES AND UPCOMING EVENTS

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 – Feb. 28, Mar. 28 & Apr. 25; 10-11 a.m.

FTF

▶ infants, children & parenting

Call 568-9601 for FTF programs

Call 616-4900 for HEND & WEST programs

Cooking Demonstrations with WIC Approved Foods

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

3rd Tuesdays – Feb. 19, Mar. 19 & Apr. 16; 12:30-1:15 p.m.

HEND WIC: Call 616-4905 to register.



St. Rose WIC Nutrition Program

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

HEND WIC; WEST WIC; FTF WIC

Dancing with Miss Jenny®

Encourage your child's gross motor, fine motor and cognitive skills development with silly moves, creative props and parent participation. (Children ages 18 mos.-4 yrs). 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)

Mondays – 11:45 a.m.-12:15 p.m. (18 months-3 years)

WEST: FREE

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

FTF: FREE

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.

Fridays – 1:30-2:30 p.m.

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

Fridays – 11:30 a.m.-12:30 p.m.

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

Toddler Play Group

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

Tuesdays – 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 1.

Mondays – 2-3 p.m.

HEND WIC

Sing and Sign: Food Time

Sign language fun with Miss Shannon; each class will focus on learning ASL Signs for healthy foods using songs, books and toys. Parents with babies birth-2 years.

Tuesdays – 2-2:30 p.m.

HEND WIC: FREE

1st & 3rd Thursdays – Feb. 7 & 21, Mar. 7 & 21, Apr. 4 & 18; 1-1:30 p.m.

WEST: FREE

3rd Tuesday – Feb. 19, Mar. 19 & Apr. 16; 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, starting solids, etc.

Wednesdays – 2-3 p.m.

HEND WIC

Wee Can Sign: Baby Sign Language Level I

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

Fridays – Apr. 5, 12, 19 & 26; 10:30-11:30 a.m.

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

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

Saturdays – Feb. 16, 23, Mar. 2, 9; 11 a.m.-noon

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

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

For more information, log on to WeeCanSign.com

Sing and Sign: Baby Sign Language Level II

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

Fridays – Feb. 15, 22, Mar. 1, 8; 10:30-11:30 a.m.

HEND

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

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

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

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

For more information, log on to WeeCanSign.com

Storks Nest Prenatal Program

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

3rd Saturdays – Feb. 16, Mar. 16 & Apr. 20; 1-3 p.m.

FTF

Nevada Check Up Enrollment Assistance

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

2nd Tuesdays – Feb. 12, Mar. 12 & Apr. 9; 9:30-10:30 a.m.

FTF

Kickin' It with Baby – Teen Parent Program

Teen mamas and mamas-to-be, join us for dinner, sharing and education. Earn baby 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 to register.

Wednesdays – 10-11 a.m.

FTF

Crawlers & Climbers

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

1st & 3rd Fridays – Feb. 1 & 15, Mar. 1 & 15, Apr. 5 & 19; 10-11 a.m.

FTF

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

Fabulous Fitting Shoes

The size and shape of your feet change over time – and shoe sizes and fits vary by brand. To find shoes that are a fabulous fit for your foot, follow these tips:



- Have your feet measured at least once a year. Remember to stand while being measured, and ask a shoe sales person if they know how to properly measure your arch length.
- Shoe shop later in the day, when your feet are more likely to be a bit swollen, to avoid buying shoes that are too tight.
- Try on shoes with the socks/hosiery that you would normally wear with the type of shoe that you are trying on.
- Fit shoes to your larger foot. A proper fitting shoe should leave an approximately 1/2 inch space between your longest toe and the front of the shoe and about 1/8 inch between the back of your heel and the shoe. Your toes should also have adequate room to move around to prevent corns, callouses, neuromas or deformed toes.
- Try on both shoes then walk around the store and walk on different surfaces (carpet, tile, etc.), if available.

If you can find a better deal on shoes online, your feet will still benefit if you visit a shoe store for a proper measuring each year. **WC**

Companies with Soles and Souls

If the shoe was on another's foot. Did you know that if you purchase a pair of TOMS®, the ultra-comfy, trendy shoes seen in the picture above, TOMS® will donate a pair of shoes to a child in need? It's part of the company's ongoing One for One project. TOMS® can be purchased at stores such as Nordstrom and Whole Foods or online at TOMS.com.

If the shoe fits. Did you know that Zappos CEO, Tony Hsieh, and others have allocated nearly \$350 million to revitalize downtown Las Vegas? It's just one great reason to purchase shoes from Zappos. Another reason to shop Zappos is that returns are free if the shoes you order don't fit or meet your satisfaction. Visit zappos.com.

“I being poor, have only my dreams; I have spread my dreams under your feet; Tread softly because you tread on my dreams.”

— *W B Yeats*

Happy Feet Screening

Help prevent or delay foot complications and diabetes-related problems by having your feet screened for circulation issues and numbness.

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