

The Barbara Greenspun

WomensCare

Centers of Excellence

StRoseHospitals.org

spring 2015 • issue 65 • for the body • mind • spirit

Breakfast

Making every morning count

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PROTECT
your skin

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SISTER
XIOMARA

Preaching with joy

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KICKING
kidney
stones

pg. 22



Dignity Health
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COVERSTORY

▶ A HEALTHY Perspective

Brian G. Brannman

Sr. Vice President of Operations, Dignity Health Nevada; President/CEO – Siena Campus

Dear Readers,

In 1947, the seven Adrian Dominican Sisters who came to operate what became Rose de Lima Hospital reached Henderson during the hottest part of the summer. They arrived after midnight, but as they left their train, the heat was still oppressive and they were dressed in the white habits topped by black woolen traveling cloaks they wore whenever in public. The sisters had to quickly become accustomed to and gain respect for the sun and the heat ... and so does everyone who lives in the desert.

Summer is almost here – it’s time for school breaks, family vacations, barbecues, swimming pools, and heat! Southern Nevada summers can be challenging for those of us who aren’t accustomed to temperatures reaching the 100s and even 110s, so many of the stories in this issue pertain to summer fun and safety.

We will also introduce you to our newest Dominican Sister, Xiomara, whose love of life and joyful outlook truly epitomize the messages preached by Saint Dominic, the Spanish priest Dominic de Guzman who founded the Order of Preachers or Dominicans.

One of our knowledgeable nutritionists shares an easy “don’t skip breakfast” smoothie recipe, and our volunteer team sends out a call for help to those of you looking for volunteer opportunities – our new Siena expansion is opening later this year.

Enjoy this issue of WomensCare magazine, and have a happy, healthy, safe summer!

St. Rose says ... don't skip meals

Many of us skip a meal from time to time. Skipping a meal on rare occasions cannot always be helped, but skipping meals regularly can actually have negative health effects. Sherry Poinier, one of St. Rose Dominican’s many registered dietitians, says skipping meals actually makes you feel hungrier the next time you eat, which could cause you to eat more than you normally would. Rev up your metabolism with the great smoothie recipe Sherry shares on page 17.



Interested in spreading humankindness?

Join the nearly 3,500 St. Rose Dominican employees who are committed to spreading *humankindness* and caring for those in our community who are ill or injured. Visit StRoseHospitals.org/careers to learn more about open positions.

Caring, licensed physicians

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PROTECT YOUR SKIN

Being active outdoors can be an important part of a healthy lifestyle ... and with the wonderful climate in southern Nevada, getting regular exercise and fresh air year round is easy. While sun protection is always important, now that we are approaching the warmest time of the year, we all need to be even more aware of the sun's intensity so we can protect ourselves from UV rays and the damage they cause.

For many southern Nevadans, summer means dashing from air-conditioned homes to air-conditioned cars to air-conditioned workplaces, but we are still getting some exposure to the sun and its harmful rays even when we are only in the sun for a few minutes at a time. Those who work outside or participate in outdoor activities such as swimming, golfing, tennis, running, etc., often get more sun exposure for extended periods of time. In either case, sun protection is essential to preventing skin cancer — the uncontrolled growth of abnormal skin cells.

Protect Yourself

The warmth and light of the sun are relaxing and can boost our spirits, but the benefits come with a dangerous tradeoff. More than 3.5 million cases of skin cancer are diagnosed in the U.S. each year, and 90 percent of them are caused by the sun's ultraviolet rays. In fact, the American Cancer Society says Nevada has the highest incidence of skin cancer in the country. And it's not just about cancer. Most of the skin damage we associate with aging — wrinkles, discoloration, sagging, and leathering — is UV related, and it is cumulative.

According to Dr. Brandon Reynolds, plastic surgeon and third-generation Las

Vegan, there is still a great deal of confusion about the sun's risks and cancer. "Many of my patients who grew up in the 'slather yourself with baby oil and bake' generation come to get treated for skin cancer and say 'this is the last skin cancer I'll ever get because from now on, I'm staying out of sun.' Unfortunately, the cancers these patients are experiencing have resulted from damage that has already been done. Stopping sun exposure now will help prevent additional damage, but it won't prevent cancer that was caused by previous exposure."

When you're in the sun, be smart and enjoy it without risking your health. Follow these simple rules:

Seek the shade, especially between 10 a.m. and 4 p.m. when the sun's rays are the strongest. If you're outside, try to find shade or carry a sun umbrella. If your favorite activities take place outdoors, enjoy them during early mornings and late afternoons.

Do not burn. Just one sunburn increases your risk of melanoma, the deadliest form of skin cancer. If you have five or more sunburns during your lifetime (not during one summer or one year), your risk doubles.

Avoid tanning and never use UV tanning beds. Tans are never safe ... it doesn't matter if you get tanned on a beach, by a pool or in a tanning bed. The Skin Cancer Foundation

indicates that those who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma (SCC), 1.5 times more likely to develop basal cell carcinoma (BCC), and 74 percent more likely to get melanoma. Even occasional tanning booth use triples your chance of developing melanoma.

Many tanning salon operators insist their bulbs are safe and that some exposure to UV rays is necessary for vitamin D, but neither statement is true. It's much safer to get vitamin D through foods such as salmon, fortified milk, orange juice or dietary supplements. And the new sunlamps used in tanning salons actually emit UV doses as much as 12 times that of the sun.

Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Clothes, especially densely

▶ **Dr. Brandon Reynolds,** licensed plastic surgeon, talks about the risks of skin cancer.





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My name is Nicole, and my job at the Southern Nevada Water Authority is to make sure your water meets or surpasses all state and federal drinking-water standards.

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► protect your skin

woven bright- or dark-colored fabrics, can be your most effective form of sun protection. The more skin you cover, the better, so when possible, wear long sleeves and long pants in the sun.

Don't forget your eyes! Serious conditions from cataracts to melanomas of the eye and eyelid can be prevented by wearing wraparound sunglasses that block 99-100 percent of the sun's UV rays and shield the eyes and surrounding skin. Hats are a great, fashionable way to help protect the face and back of neck. Find one with a brim that is 3" or larger.

Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. A sunscreen's SPF, or sun protection factor, measures how long skin can be exposed to the sun's ultraviolet rays before burning compared to how long it would take to burn without protection.

"SPF 15 is technically a full block of the sun," says Dr. Reynolds, "but it has to be put on so thick it would be visible to others. An SPF of 30 doubles the protection, providing substantial defense if it is put on and reapplied as directed. How often you need to reapply depends on the product's ingredients, how often you get wet or if you're sweating heavily."

Look for products that offer "broad spectrum" or UVA/UVB protection, and make sure your sunscreen has one or more of these ingredients: titanium dioxide, zinc oxide, stabilized avobenzone or ecamsule.

Use sunscreen every day and in every kind of weather because:

- sunlight reflects off snow, ice, sand, and water, all of which intensify UV effects by as much as 80 percent.
- even on overcast days, 70-80 percent of UV rays travel through clouds
- at high altitudes, the thinner atmosphere filters out less UV rays.

The Skin Cancer Foundation recommends applying 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside, then reapplying every two hours or immediately after swimming or heavy sweating.



► Clockwise from top left: Check your skin every month for the most common forms of skin cancer: Squamous cell carcinoma, Melanoma, Basal cell carcinoma

Keep infants out of the sun! "Babies are especially susceptible to the damaging effects of the sun because their skin has very little melanin, the pigment that gives color to skin, hair, and eyes and provides some sun protection," says Dr. Reynolds. "I ask my patients to be aggressive about keeping their kids out of the sun or covered in sunblock."

If you take your baby out in his or her first six months, make sure he or she is covered with clothes, wears a hat or sunbonnet, and is shielded by a stroller hood or umbrella. One severe burn in childhood will actually double your child's chance of developing melanoma later in life.

Examine your skin head-to-toe every month.

Inspect your skin in a full-length mirror.

- Start with your head and face – use a blow dryer to check your scalp
- Check your hands, including nails. Look at your elbows, arms, underarms, torso, and trunk

- With your back to the mirror, use a hand mirror to check your back, the back of your neck, and other hard-to-see places
- Sitting down, check your legs and feet including soles, heels, toes, and nails

See your physician every year for a professional skin exam. Regular total-body checkups are the best way to make sure your skin is healthy. Ask your child's pediatrician to examine skin as part of a yearly checkup.

At-Risk Skin Types

Certain types of skin are at greater risk for developing sun damage and skin cancer. Light-skinned people who always burn and never tan are at highest risk for skin damage and skin cancers. Those with more pigmentation in their skin (darker skin) have more natural protection from sunlight, but they can still get skin cancer. Bottom line is, everyone is at risk and should follow the prevention tips outlined above.

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Same-day appointments. Nice.

At the new Dignity Health Medical Group, we know you can't schedule your next illness. We believe people should be able to schedule same-day appointments—because doctors can't help people if they aren't available to treat them. Appointments are available today with these doctors:

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Theodore Leon, DO

Harpreet Panesar, DO

Susan Ritter, MD

Raji Venkat, MD

Pediatrics

Emily Peterson, DO

Peccole Plaza

Internal Medicine

Rama Harouni, MD

Joseph Lee, MD

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Karen Swarts, MD

Olivia Yuson, MD

Rheumatology

Elham Taherian, MD

Rose de Lima

Family Medicine

Joe Johnson, MD

Southwest

Family/Internal Medicine

Ethan Cruvant, MD

Paul T. Emery, MD

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Barry Nahin, MD

Welcoming new and established patients. For appointments, call 702-616-5801.

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Learn more at dhmgnv.org



All physicians listed are licensed by either the Nevada State Board of Medical Examiners or the Nevada State Board of Osteopathic Medicine.

► protect your skin

continued from page 7

The most common forms of skin cancer linked to UV exposure are

- **Basal cell carcinoma (BCC)** – The most frequently occurring form of skin cancer often looks like open sores, red patches, pink growths, shiny bumps or scars.
- **Squamous cell carcinoma (SCC)** – The second most frequent form of skin cancer often looks like scaly red patches, open sores, elevated growths with a central depression or warts that may crust or bleed.
- **Melanoma** – The most dangerous form of skin cancer, melanomas often resemble moles and some develop from moles. Most are black or brown, but they can be skin colored, pink, red, purple, blue or white. Melanoma can show up at any age and can spread to other parts of the body.

Treatment Options

According to Dr. Reynolds, the method of treatment depends on how invasive the cancer is. “There are treatments as simple as freezing the cancer off with liquid nitrogen, burning it off or using topical drugs such as Aldera® or Effudex®, or cutting out the growth, along with a surrounding border of skin using a scalpel or curette, an instrument with a sharp, ring-shaped tip.” In most cases, these procedures can be done in the doctor’s office or as an outpatient procedure under local anesthesia. Dr. Reynolds stresses that the method of treatment should be a joint decision between the doctor and patient.

If you have any warning signs, visit your primary care physician. He or she may then refer you to a dermatologist for further examination. For more information or to find a physician, please call 702.616.4900. **WC**

► Skin Cancer Screenings

Get a suspicious mole or spot checked by Kristine Herlevi P.A.-C, from the office of Curt Samlaska, M.D., licensed dermatologist.

Thursday, June 11; 2-4 p.m.
GV: FREE - appointment required

Cancer warning signs

- A spot or sore that itches, hurts, crusts, scabs, erodes or bleeds
- An open sore that does not heal within two weeks
- A skin growth, mole, beauty mark or brown spot that:
 - Changes color or appears pearly, translucent, tan, brown, black or multicolored
 - Changes texture
 - Grows larger or thicker
 - Is asymmetrical
 - Has an irregular outline or border
 - Is larger than 6mm – the size of a pencil eraser
 - Appears after age 21

Skin cancer stats

- Skin cancer is the most common form of cancer in the U.S. More than 3.5 million skin cancers in over 2 million people are diagnosed annually.
- 1 in 5 Americans will develop skin cancer in their lifetime
- 1 person dies of melanoma every hour
- Nearly half of Americans who live to age 65 will have skin cancer at least once
- Your risk for developing melanoma doubles if you have had more than five sunburns
- Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50 percent
- People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent

Resource: Skin Cancer Foundation



To find a
St. Rose dermatologist,
call 702.616.4900 or visit
StRoseHospitals.org.



Stacey’s story

Stacey Escalante was well-known in the Las Vegas valley for years as a reporter for Channel 3, KSNV TV. She is now a public relations consultant, a public speaker who talks about the dangers of tanning, and a political activist who worked to pass a state law that would prohibit those younger than 18 from using indoor tanning beds. Nevada is now one of only three states in the country to completely ban their use by anyone under 18.

Why is she so passionate about the dangers of tanning? Stacey battled stage 3 melanoma, the deadliest form of skin cancer, several years ago and wants to make sure others understand the dangers. “I know, and my oncologist believes, that my love of the sun and tanning while I grew up in southern California, along with visits to tanning salons after moving to Las Vegas, are responsible for my melanoma,” she says.

Stacey initially noticed an itchy, uncomfortable spot on her lower back. The dermatologist’s office removed a mole, and she remembers them saying they didn’t think it looked like anything, but “we always have biopsies done.”

It WAS something. She received a call from a nurse right before heading out to do an interview who said, “You need to see an oncologist right away.” Stacey had surgery to try and keep the cancer from spreading but later learned the cancer had spread to a lymph node in her groin, so she had a second surgery. That surgery left her literally lying on her back for seven weeks.

But her treatment didn’t end there. She also received injections of drugs to strengthen her immune system and scans every three months to make sure the cancer hadn’t spread ... for two more years.

“Thankfully, I’ve been cancer-free for 10 years now. The whole experience was a tremendous shock because I’ve always been very health conscious and a workout fanatic,” says Stacey. “But being in great shape and taking care of yourself doesn’t protect you from skin cancer. You must be really careful in the sun.”

Health

SUMMER SAFETY IN THE DESERT



Summer in the Las Vegas valley brings longer, much hotter days that tempt you to hole up anyplace that has air conditioning. But you can still stay active if you take steps to protect yourself and your loved ones from the fierce heat.

► Beat the heat

When the body's temperature control system is overloaded, heat-related illnesses can occur. Infants, children up to 4 years old, and the elderly are at greatest risk, but even young, healthy people can get sick from the heat. The Centers for Disease Control and Prevention says the best defense against heat-related illness is prevention:

- **Never** leave infants, children or pets in a parked car, even if the windows are cracked open. Make a habit of checking your backseat for passengers every time you leave your car.
- Dress in loose, lightweight, light-colored clothing.
- Schedule outdoor activities for early morning and evening hours.
- Seek medical care immediately if you see symptoms of heat-related illness.



► Fireworks safety

The Clark County Fire Department says the greatest threat from fireworks comes from illegal fireworks that are usually purchased outside the valley. What's illegal? Fireworks that explode (firecrackers, cherry bombs, etc.) and fireworks that rocket (bottle rockets, roman candles, etc.). If you are using fireworks this Independence Day, keep it safe:

- Use only Safe 'n' Sane fireworks in the way they were designed.
- Have a garden hose hooked up and handy in case a fire breaks out.
- Fill several five-gallon buckets with water where you can place used fireworks.
- Use fireworks on flat, hard surfaces such as parking lots, cul de sacs, etc. ... away from buildings, vehicles, dry brush.



- Coordinate lighting fireworks so everyone in the group knows when they will be set off.
- Keep a close watch on kids and pets. Make sure neither gets close to items that are going off.
- Keep fireworks out of small children's hands (sparklers are popular for young kids, but they get hot enough to cause bad burns or catch clothes on fire).
- Place used fireworks in a bucket of water overnight so they do not re-ignite.
- Check the area where fireworks were set off to make sure no sparks or heated parts remain.

► Flash floods

Flash floods are a common occurrence in the Las Vegas Valley because our area gets isolated thunderstorms, especially during monsoon season (summer and early fall). Flash floods can occur with little or no warning and can reach full peak within minutes. The sheer force of just six inches of swiftly moving water can knock you off your feet, and cars are easily swept away in just two feet of water.

Stay alert for signs of rain (thunder and lightning), both where you live and in the foothills around our valley. Don't try to drive through flooded areas. Know where high ground is and how to get there quickly.

► Hydration habits

Your body loses fluid through sweat, so you can easily become dehydrated in extreme heat.

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluid.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

► Pet safety

Hot southern Nevada summers pose especially serious risks for our pets. As temperatures rise, be aware of hazards and keep your pets cool!

- Keep pets indoors as much as possible during the summer. Even in the shade, animals can go into heat distress when the temperature tops 100 degrees.
- Never leave your pet in a closed vehicle on a hot day ... temperatures inside a car in southern Nevada can rise to over 135 degrees in minutes.

- Always provide plenty of cool, fresh water.
- Avoid strenuous exercise on extremely hot days ... walk your pets in the early morning or late evening.
- Avoid exposure to hot asphalt or concrete ... if it's too hot for your hand, it's too hot for your animal's paws.
- Check with your veterinarian before buzzing your pet's fur. Fur coats can actually help cool certain breeds.
- Short-faced dogs such as bulldogs, boxers, Japanese Chins and Pekingese don't pant as efficiently as long-faced dogs. Keep them inside with air conditioning.



► Sun smarts

Just a few serious sunburns can increase your risk of skin cancer later in life, but you don't have to avoid the sun completely. Sun exposure doesn't just happen at the lake, beach or a pool. It adds up every day and happens every time you are in the sun.

The American Cancer Society says simply staying in the shade is one of the best ways to avoid UV exposure, but it's nearly impossible to do, so "Slip! Slop! Slap!® and Wrap" to protect yourself:

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses to protect your eyes and the skin around them.

Learn more at cancer.org.

Heat symptoms



Heat exhaustion and what you should do:

- **Heavy sweating** - Move to a cooler location
- **Weakness** - Lie down and loosen clothing
- **Cold, pale, clammy skin** - Apply cool, wet cloths to as much of the body as possible
- **Fast, weak pulse** - Sip water
- **Nausea or vomiting** - If you have vomited and it continues, seek medical attention immediately

Water safety

Family pools can be a tremendous source of summertime fun, but drowning prevention is no laughing matter. Drowning is the leading cause of unintentional death in Clark County for children under 4.

Learn ... and follow ... the ABC&D's of Drowning Prevention:

A = Adult supervision - provide constant adult supervision while children are in the pool.

B = Barriers (for your pool) - install non-climbable perimeter fences at least 5 feet high with openings no more than 4 inches wide and self-closing, self-latching gates that open away from the pool.

C = Classes (swimming lessons and CPR) - Enroll children in age-appropriate, year-round swim lessons taught by qualified instructors to maintain swimming skills. Never consider children water safe or drown-proof despite age, swimming skills or experience. Require all caregivers to know CPR, rescue techniques, and how to call 9-1-1.

D = Devices (personal flotation devices, life jackets, and rescue tools) - Children and non-swimmers must wear personal flotation devices (PFDs) or life jackets. Floaties or inflatable toys are not designed to be used as PFDs or as a substitute for adult supervision.

Source: gethealthyclarkcounty.org

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We're Growing – Grow with Us

The Siena Campus' \$160 million expansion is moving right along, and when complete later this year, it will add nearly 100 more private patient rooms, six new operating suites, expanded patient services, and a much larger emergency room. The additional beds and services mean St. Rose Dominican can provide improved care for our community. It also means we need to fill several hundred health-care related jobs, so if you are interested in joining the St. Rose Dominican team, read on.



▶ **Above photos:** The Siena Campus expansion is nearing completion and is expected to open late this year.

▶ **New, Larger Emergency Room:** Visiting an emergency room is never at the top of anyone's "things to do for fun" list, but with the expansion of the Siena Campus, our new emergency room will be more than double its current size so we will be able to better serve those who need our services when faced with a medical emergency.

"This isn't just an expansion of our current emergency room," says Robert Love, interim director of emergency services at the Siena Campus. "We asked the emergency room staff and our patients for input on the new design, and their suggestions will result in an all-new, more efficient emergency room."

The separate, much more "kid friendly" Children's Emergency Room will also continue to cater to our youngest patients in a new, larger space.

▶ **Dignity Health** – St. Rose Dominican is the only not-for-profit, faith-based hospital system in southern Nevada. The majority of this \$160 million project has been funded, but we are not able to cover all costs. Learn how you can contribute to the Siena Campus expansion fund at supportstrose.org or call 702.616.5750.

Join the St. Rose Dominican Team

At St. Rose Dominican, our employees perform extraordinary acts of kindness every day. It is their commitment to healing through human connection that is the cornerstone of our hospital's success, so we believe in sharing and celebrating achievements by offering competitive compensation packages.

- **Pay & Recognition** – Competitive compensation packages are offered along with employee recognition programs and rewards.
- **Balanced Life** – Employees receive generous paid time off to rejuvenate spirits, including paid time off, family related, and military leaves.
- **Professional Growth** – Employees are given the opportunity to learn and grow with Dignity Health Learning Institute, tuition reimbursement, seminars, and professional associations.
- **Well-Being** – Employees deliver *humankindness* to our patients, and St. Rose returns the favor with medical, dental, and vision plans fully paid for by Dignity Health (buy-up options are also available), healthy lifestyle programs, employee assistance programs (EAP),

life insurance, and short- and long-term illness/disability protection.

- **Financial Future** – A fully funded pension plan and retirement programs that support the financial goals of our employees include a tax-deferred savings opportunity and company match.

For information on joining the Dignity Health team and on positions that are available, visit StRoseHospitals.org/careers. **WC**

Our employees say it best

"I've been part of the St. Rose family since 2007 and love it because the history and mission positively impact our days. It's a joy to be surrounded by warm, inspiring, top notch people."

– Julie S., Pharmacist

"I love what we do for our community; we are known for our caring and compassion. I was born at Rose de Lima, so I have always felt a strong attachment to St Rose. We do believe in *humankindness!*"

– Kim R., Community Health Dept.

"I love to work at St. Rose because I believe in the mission, and the values of Dignity, Excellence, Stewardship, Collaboration and Justice align with my personal values."

– Tammy K., Internal Communications Specialist



LOOKING FORWARD WITH FIBROMYALGIA

If you ask a person with fibromyalgia what it is, the initial response would probably be “pain, from the top of their head to the ends of their toes.” The pain persists and worsens at times and is described as deep muscular aching, shooting, throbbing, stabbing, pounding ... with many other descriptions ... that at times is unbearable.

“Chronic, widespread pain is the primary symptom of fibromyalgia, with a number of especially tender points at different locations in the body,” says Dr. Edgar Evangelista, neurologist, “but almost debilitating fatigue that interferes with daily activities also plays a major role.”

Many people with fibromyalgia also have an associated sleep disorder that keeps them from achieving a deep, restful, restorative sleep. And additional symptoms may include irritable bowel and bladder, headaches and migraines, restless legs syndrome, impaired memory, skin sensitivities and rashes, anxiety, depression and more.

The National Fibromyalgia & Chronic Pain Association indicates that approximately 10 million Americans have fibromyalgia, and women are much more likely to develop it.

Because of its many symptoms, diagnosing fibromyalgia can be very difficult. Routine lab tests do not detect the widespread pain of fibromyalgia. The diagnosis is made by a physical exam in which the physician applies light pressure to the surface of muscles throughout the body. Patients with fibromyalgia find this pressure painful, especially at specific tender point areas.

“By the time I finally see a patient who has had chronic pain and symptoms that cannot be contained or explained, they are

typically frustrated and depressed. I run a variety of tests, including nerve conduction studies that look at the integrity of nerves in the arms, legs, and spinal cord and MRIs, to rule out other possible causes for the pain.”

While there is no known cure for fibromyalgia, symptoms and daily function in patients can be improved using a combination of self-care treatment approaches including healthy lifestyle changes, exercise, and behavioral therapy. Medications for pain and fatigue are available, and various therapies such as therapeutic massage, meditation, yoga, and relaxation exercises may also be helpful.

Because many of the signs and symptoms of fibromyalgia are similar to other disorders, patients may need to see several doctors before receiving a diagnosis. Typically, a primary care physician will refer patients to a rheumatologist, a doctor who specializes in the treatment of arthritis and inflammatory conditions. **WC**

Additional resources:

- *National Fibromyalgia Association – fmaware.org*
- *National Fibromyalgia & Chronic Pain Association – fmcpcaware.org*
- *Fibromyalgia Network – fmnetnews.com*



Dr. Edgar Evangelista, neurologist

Fibromyalgia Friends

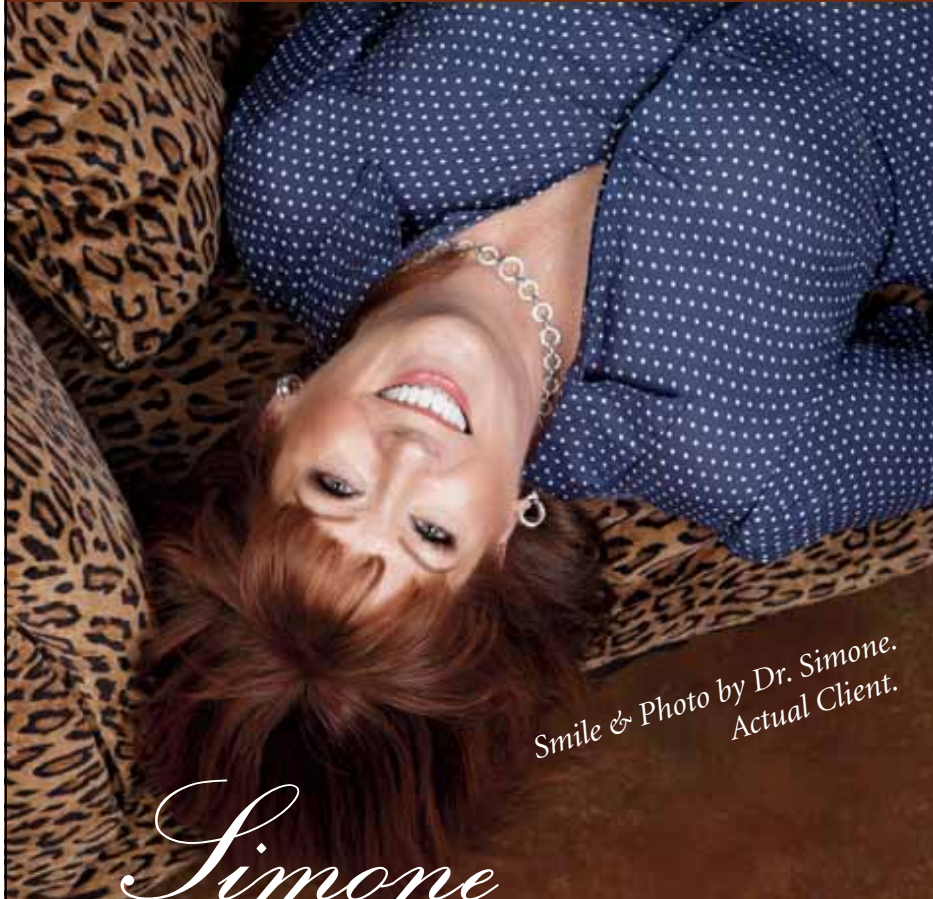
If you have fibromyalgia and would like to talk to others, who do, too, join our free support group.

3rd Thursday of every month; 6:30 p.m.
GREEN VALLEY WOMENSCARE CENTER,
2651 Paseo Verde Parkway, Suite 180, Henderson



To find a St. Rose doctor,
call 702.616.4900 or visit
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— "Best Dentists," Las Vegas Life Magazine

Master in the Academy of General Dentistry
Member of the American Dental Association
Nevada Dental Association & Southern Nevada Dental Association
Participant in the Seattle Institute for Advanced Dental Education
Member of the American Academy of Cosmetic Dentistry
Member of the American Academy of Dental Practice Administration
Fellow of the International Congress of Oral Implantology

• Conscious sedation available •



Faculty member
at the UCLA Center
for Esthetic Dentistry

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

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AMERICAN ACADEMY
OF COSMETIC DENTISTRY.



Over 50? Beat your biggest dental problems.

The American Dental Association has great news: Older Americans are keeping their teeth longer, and holding on to our pearly whites means maintaining regular dental visits to prevent common problems.

Tooth Decay - People older than 50 get cavities on tooth surfaces, around old fillings or at the tooth's root. If you don't have fluoridated water, consider adding a fluoride rinse to your daily routine.

Dry Mouth - Saliva protects us from tooth decay, but if you're not producing it, you could end up with tooth problems. If you have dry mouth, stimulate saliva production by sipping water or chewing sugar-free xylitol candies or gum.

Gum Disease - Gums that are swollen, red or bleed easily may mean gingivitis, the early form of gum disease. Untreated, it can cause gums to pull away from the teeth and create pockets that can become infected. Visit your dentist regularly to get your teeth cleaned and gums checked.

Oral Cancer - The chances of getting deadly oral cancer increase as you get older. "Survival rates for oral cancer increase tremendously when it is found in its earliest stages," says Patrick Simone, DDS. "Your dentist should hold your tongue and check the soft tissue in your mouth along with your throat and jaw."

Tooth Crowding - Your teeth shift as you age, which makes them harder to clean. If your teeth are shifting, you may need to get more cleanings or see an orthodontist who can fit you with a retainer, spacer or braces.

Begin with Breakfast

Are you a “meal skipper”?

“Many people, women especially, think that if they skip a meal, it will help them lose weight,” says Sherry Poinier, registered dietitian at St. Rose Dominican. “Thirty-one million Americans skip breakfast every day, but studies show that if you skip breakfast, you will end up eating much more throughout the day than someone who does eat breakfast. So skipping breakfast to lose weight can actually backfire.”

▶ **Sherry Poinier,**
registered dietitian
at St. Rose
Dominican

The time between dinner and the next morning’s meal is the longest your body goes without food, so eating breakfast jump starts your metabolism. According to Consumer Reports, eating a nutritious breakfast within an hour of waking can make a difference in the way you metabolize glucose, or blood sugar, for the rest of the day. And skipping breakfast can lead to a bigger boost in “hunger hormones” causing you to overeat at your next meal.

“A nutritious breakfast should have 2-3 ounces of lean protein and include whole

grains and heart-healthy fats,” says Poinier. “Protein stays with you and makes you alert so you don’t get the sugar crash you would if you had coffee and a pastry, while carbohydrates like fruit and grains provide energy.”

Poinier’s rule of thumb? Breakfast should be your largest meal of the day because that is when your metabolism is highest, lunch should be your next largest, and dinner should actually be the smallest.

“Breakfast doesn’t have to be complicated,” says Poinier. “I typically start my day with a smoothie.” **WGC**

A smarter strategy

Lose weight by eating smaller, healthier meals throughout the day. Eat high-quality, nutrient rich food: lean protein combined with carbs from whole grains and some monounsaturated good fats. Your system will barely notice a difference if you lose pounds slowly by keeping your food intake up, and you won’t feel like you are depriving yourself.

Source: womenshealthmag.com



Smoothie Recipe

- 1 cup unsweetened almond milk
- 3/4 cup raspberries, frozen (substitute any type of berry)
- 1 cup fresh spinach or kale
- 2 tbsp. flax seed
- 2/3 cup non-fat Greek yogurt
- 1/2 cup cooked oats or 2 tbsp. raw oats in blender

Blend on high until all ingredients are combined.

Nutrition Facts

Calories: 400
Total Fat: 12 g
Sodium: 200 g
Total carbohydrates: 46 g
Sugars: 21 g
Fiber: 17 g
Protein: 25 g
Serving Size: 1 cup



MEET OUR NEWEST SISTER - SISTER XIOMARA

A welcoming aura follows Sister Xiomara Mendez-Hernandez, OP, as she walks through the halls of St. Rose Dominican's Siena Campus. Whether she's talking with staff, waving to visitors or comforting patients, she always wears her brightest accessory: her smile. "I'm from the Dominican Republic and I'm an Adrian Dominican sister, so I'm double Dominican and double joyful," Sr. Xiomara says.



▶ **Sister Xiomara Mendez-Hernandez, OP**, chaplain at the Siena Campus.

After completing her master's degree in theology, Sr. Xiomara joined Dignity Health - St. Rose Dominican in February to work as a chaplain. "A chaplain offers the compassionate, loving presence of God to those who are suffering," Sr. Xiomara says. "We are not only ministering to the patient but also the patient's family and our staff because they are all exposed to suffering."

Sr. Xiomara's spiritual journey began in 1994 when she met two Adrian Dominican sisters in her neighborhood parish in Santo Domingo. At the time, she didn't recognize the women as sisters because they were not wearing the traditional religious garments called habits.

"One of them was praising God through a liturgical dance, and it was so beautiful," Sr. Xiomara says. "That joyfulness drew me to them. They were so joyful and happy, and they were preaching about having a personal relationship with God."

The following year, Sr. Xiomara was invited by her priest to attend a week-long holy mission in the mountains, where she said she gained insight on how God accompanies her through life just as he journeyed with the Israelites.

"It was another perspective I fell in love with," Sr. Xiomara says. "The sisters had a passion and love for truth and wanted to share the good news of the gospel through not only their words but through their lives. They introduced me to poverty. I thought I was poor until they showed me the real poverty in my country," she says. "It was a harsh reality."

The sisters invited Sr. Xiomara to enter a discernment process to consider joining the congregation in 1995, but she did not

continue. Instead, she finished her college degree in fashion. “At that time, I wasn’t ready to join,” she says. “I finished my studies and started working for a famous fashion designer from Spain.”

Sr. Xiomara worked for the fashion designer for about two years before returning to school for a master’s degree in mass production of clothing. She later opened a business with a school friend and started teaching high-fashion classes. “The more I was involved in fashion, the more I was exposed to an empty world full of fantasy and image and pressure,” Sr. Xiomara says. “My friends also changed. People stopped seeing me as Xiomara, their friend, a normal person, and they started seeing me as Xiomara, the celebrity. It was then that I began asking myself, ‘Is what I’m doing giving me life and giving life to others? What is the essence of why we are who we are?’ All of this was in my heart in the midst of my fashion world.”

Seeking something more meaningful, Sr. Xiomara reconnected with the Adrian Dominican sisters and agreed to be part of their associate program where she studied preaching, spirituality, the charism of the Dominican Order, and more.

“I fell in love with the life stories of Catherine of Siena, Martin de Porres, Rose de Lima ... all of the Dominican saints and how they tried to preach truth,” Sr. Xiomara says. “I loved how they worked with the vulnerable and disenfranchised. They were the voices of the voiceless.”

In 2006, Sr. Xiomara traveled to the United States to visit the Adrian Dominican Sisters’ Motherhouse for the first time. After visiting a second time in 2007, she returned to the Dominican Republic to tell her father she wanted to join the congregation.

“I was very nervous because my family had paid for all of my studies. I was afraid to tell my father that I was leaving to become a sister after all he had done,” Sr. Xiomara says. “But he just looked at me and asked,

‘Are you happy?’ and when I said yes, he said, ‘If you are happy, then I am happy.’ It melted my heart.”

Receiving her father’s approval gave Sr. Xiomara the confirmation she was seeking. She sold her fashion company and moved to the United States with two suitcases and two carry-on bags. “I have been happy ever since,” she says.

In 2008, Sr. Xiomara started the formation program as an Adrian Dominican sister going through a candidacy period for 11 months before being named a novice, or new sister. “The novitiate period lasts two years,” Sr. Xiomara says. “One year, you do ministerial work and study, and the other, you live with other novices and are exposed to a deeper discerning of becoming a sister.”

Sr. Xiomara became a temporary professed sister after professing her first vows and attended a clinical pastoral education program at Loyola University in Chicago. “I had completed just one unit of chaplaincy when my supervisor and preceptor at the hospital said it would be a good fit for me,” Sr. Xiomara says. “We decided as a congregation that I would become a chaplain.”

While working and studying in Chicago, Sr. Xiomara visited St. Rose Dominican and fell in love with the staff and its comforting atmosphere. “I think St. Rose chose me,” she says. “Seeing how this hospital operates made me so proud of my sisters. It makes me want to continue their mission in the name of Jesus. My goal is to continue the beautiful legacy they started in 1947.”

Sr. Xiomara is an avid dancer and had performed liturgical pieces during events for the National Association of Catholic Chaplains and her congregation. She also performs “The Life of Rose de Lima” at the Dominican high school and college preaching conferences. “I studied her life and did my research for the performances,” she says. “I even wear a traditional habit that I sewed myself.”

As a chaplain, Sr. Xiomara hopes to bring a sense of community and respect to the hospital. She also plans to renew her vows this August at St. Rose Dominican’s Siena Campus.

“I love being a Dominican sister. I always preach that it is more about being than doing because by really being, you can do anything,” Sr. Xiomara says. “I feel that I am now able to be the person God meant me to be. It’s an honor to be a Dominican sister, and I’m happy to be a chaplain here at St. Rose.”

For more information on Spiritual Care at St. Rose Dominican, visit StRoseHospitals.org/spiritual. **WC**

► **Sister Xiomara** in the traditional habit she made to perform “The Life of Rose de Lima.”



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Calling all humankindness volunteers



Left to right: Gladys Lindsay, Yvonne Hall and Joseph Friscia

Dignity Health - St. Rose Dominican loves its amazing volunteers, and we're growing, so we need more!

VOLUNTEERS

- Valuable is the work you do,
- Outstanding in how you always come through.
- Loyal, sincere, and full of good cheer,
- Persevering in your efforts throughout the year.
- Notable are the contributions you make,
- Trustworthy in every project you take.
- Willing to reach your every goal,
- Effective in the way you fulfill your role.
- Ready with a smile like a shining star,
- Special and wonderful – that's what you are.

Source: Stroke of the Heart Greeting Cards

The Siena Campus' \$160 million expansion will be complete later this year and will include nearly 100 more private patient rooms, expanded emergency and children's emergency rooms, six more operating suites, and many other new services.

We are looking for more than 200 "people who love people" – volunteers – to assist with directions, escort visitors and patients, handle discharging patients, answer phones, run errands between units, deliver flowers, assist in the gift shop, and help with special projects.

"We look for individuals who show a passion for people from all walks of life and who are highly reliable," says Jamie Olsen, Director of Volunteer Services for St. Rose Dominican. "We set the bar high when selecting volunteers to assist our patients and visitors, so if you have great customer service skills and a strong desire to serve the community, we would love to talk with you!"

"Volunteering is one of the most rewarding experiences I've had in my career, and I've been a teacher, counselor, and administrator," says Yvonne Hall, shown above with volunteers Joseph Friscia and Gladys Lindsay. "I work with a phenomenal group of people and love helping patients

and visitors, so as long as I'm able, I can't think of ever giving it up."

To receive a volunteer application for the Siena Campus, please call 702.616.5543. We are also looking for gift shop volunteers at Rose de Lima, call 702.616.7514, and San Martín, call 702.492.8695. Interviews will follow review of applications. Join the St. Rose Dominican *humankindness* team. **WC**

▶ Volunteer requirements

- Volunteers must be dependable, interested in helping others, and have a positive attitude
- Volunteers need to fulfill a 100-hour yearly commitment
- Volunteers must commit to one four hour shift per week
- Junior volunteers must be at least 14 years old and have a minimum GPA of 3.0.

▶ Volunteer benefits

- Spread and receive *humankindness* by serving our hospitals and community
- Receive a free meal for every shift you volunteer
- Receive a 10 percent discount at our gift shops



KICKIN’ KIDNEY STONES

The pain of passing a kidney stone is often compared to the pain of childbirth. Unfortunately, more than half a million people go to emergency rooms for kidney stone pain every year. The National Kidney Foundation estimates that one in 10 people will have a kidney stone in their lifetime.

“A kidney stone is a small, hard mineral deposit that forms in the kidney when there are high levels of certain substances in the urine,” says John Havill, M.D., a board certified nephrologist (a physician who specializes in treating diseases of the kidneys). “Kidney stones vary in size and can either stay in the kidney or move down the urinary tract.” There are four main types:

Calcium: The most common type of kidney stone contains calcium. The kidneys usually flush out extra calcium with the urine, but for some, especially those with concentrated urine, it can join other waste products to form stones.

Uric acid: This is another common type of kidney stone that forms when the urine contains too much uric acid. Those who eat a lot of meat, fish, and shellfish may get this type of stone, and they tend to run in families.

Struvite: These stones are less common and are caused by kidney or urinary tract infections.

Cystine: These stones result from a genetic disorder, are rare, and tend to run in families.

What causes kidney stones?

Kidney stones are caused by high levels of calcium oxalate and phosphates or uric acid in the urine. They often form when the urine becomes concentrated – from not drinking enough water – and allows minerals to crystallize and stick together. You may be more likely to get a kidney stone if you have:

► Sharp, very intense pain on either side of your lower back or lower abdomen can signal kidney stones.



John Havill, M.D.,
board certified nephrologist

- a condition that affects levels of these substances in your urine that can cause stones to form
- a family history
- repeating or recurrent urinary tract infections
- a blockage
- digestive problems.

Symptoms

- Some kidney stones are as small as a grain of sand; others as large as a pebble; a few are as big as a golf ball! As a general rule, says Dr. Havill, “sharp, severe, very intense pain on either side of your lower back or lower abdomen is a key sign that you may have a kidney stone.” You may have a kidney stone if you:
- feel sharp pain that lasts for short or long periods of time
 - see blood in your urine
 - have pain while urinating
 - have nausea or vomiting
 - get fever and chills

Your doctor can diagnose kidney stones by performing urine, blood, and imaging tests. Treating stones depends on their size and what they are made of. Small stones don't typically need treatment, but you may need pain medicine, and you may need

treatment if the stone is large or blocking your urinary tract.

“Nephrologists and urologists work together to care for patients with kidney problems. Typically, urologists perform the procedures to remove kidney stones while nephrologists focus on the prevention of kidney stones and long-term care management,” says Dr. Havill. “But the best advice I can give, especially if you have previously experienced a kidney stone and know how painful they can be, is prevent them from forming in the first place.”

To find a St. Rose urologist or nephrologist, please call 702.616.4900. **WC**

Preventing kidney stones

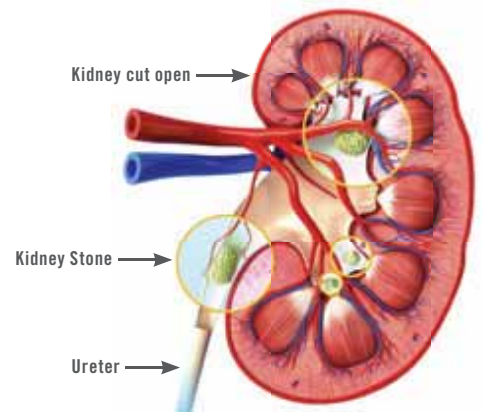
According to Dr. Havill, kidney stones are the only ‘disease’ where drinking lots of water helps. “I tell my patients to drink 2-3 liters a day – the key is to keep the urine as clear as possible.”

If you have had kidney stones, you need to know what caused yours, but changes in diet can help prevent them:

- Drink plenty of water
- Reduce salt intake
- Limit animal proteins, such as dark meat and shellfish
- Avoid foods high in oxalate, such as chocolate, coffee, dark sodas, spinach, and nuts
- Moderate calcium intake, and if high calcium oxalate foods are eaten, combine them with calcium or magnesium rich foods, such as dark, leafy greens, fish or avocados



To find a St. Rose urologist or nephrologist,
call 702.616.4900 or visit
StRoseHospitals.org.



► **Above: Kidney stones.** This illustration shows several kidney stones that have formed inside a kidney. Kidney stone pain typically increases as the stone begins moving, first entering the Ureter.

► Tips to drink more water

- Have a glass with every snack and meal
- Eat more fruits and vegetables – they have high water content
- Keep a bottle of water in your car or bag or a big glass at your desk
- Add flavor naturally – use lemon, mint or orange slices
- Order only water at restaurants – saves calories AND cash

Get “Kidney Smart” at St. Rose

This 90-minute class will provide information on how kidneys function, the common causes of chronic kidney disease (CKD), and how medications, diet, and lifestyle choices can work together to help keep you healthy. Potential treatment options will also be discussed.

Thursday, June 11; 6-7:30 p.m.
GV

Tuesday, July 28; 10-11:30 a.m.
HEND

Read this magazine at home. Instead of in the waiting room.

Online ER Waiting Service™

No one likes waiting, especially in the ER. That's why, at Dignity Health-St. Rose Dominican, you can get an estimated treatment time online through our partnership with InQuicker.™ You can even wait at home. Because when you're not feeling well, being at home is always the kinder option. To begin, visit StRoseHospitals.org

Hello humankindness™



Dignity Health™
St. Rose Dominican



spring calendar

OF CLASSES AND UPCOMING EVENTS

WomensCare Center Staff

Director: Holly Lyman, MPH, CLC

Staff: Marie Bevins, RN, IBCLC; Evelyn Castillo, CLC; Natalia Cortes; Jennifer Findlay, CLE; Aidee Flores, CAC; Aneel Flores; Abby Guida; Dottie Hannon, CLC; Karen Hartling, IBCLC; Vicky Jeghir, CLC; Kameron Klein; Kimberlee Kobernik, CLC; Melissa Ledesma; Arla Leins, IBCLC; Samantha Louie, RD, CLC; Tawanda McIntosh, CLC; Nickie Malinak, RN, IBCLC; Brittany Massenburg, RD, CLC; Sandra Morel, MFT; Rhonda Nofoa; Judy Pitney, RN, BSN, CDE; Sherry Poinier, RD, CDE, CLC; Kim Riddle, CLC; Dorie Rodriguez, CLC; Xochitl Sandoval; Suzie Tucker-Owens, IBCLC; Ann Marie Vandermolen, RN, IBCLC; Adela Victorio, CLE.

All physicians, physician's assistants, and other licensed medical professionals listed, pictured or interviewed in WomensCare magazine or calendar of classes are licensed by their respective boards in Nevada.

Location Abbreviations

- COND** - Siena Campus - Conference Room D
- GV** - WomensCare/Outreach Center, Green Valley
- HEND** - **NEW!** Outreach/FTF Center, Rosa de Lima Campus
- LLV** - Lake Las Vegas
- MAC** - Siena Campus - MacDonald Room
- RAN** - Rose de Lima Campus - Annex
- RDL** - Rose de Lima Campus
- SAN** - San Martín Campus - Las Vegas
- WEST** - WomensCare/Outreach Center, Las Vegas

▶ diabetes management

*Do you have pre-diabetes?
Do you have diabetes risk factors?*

What is Pre-Diabetes?

Learn how to avoid or delay diabetes.

Thursday, May 28; 1-3 p.m.

Thursday, June 25; 3:30-5:30 p.m.

Tuesday, July 7; 10 a.m.-Noon

GV: FREE

National Diabetes Prevention Program

If you have pre-diabetes or other risk factors for type 2 diabetes, making modest lifestyle changes now can help you avoid the bigger changes that come with managing type 2 diabetes. Enroll in this 2-month program led by the Centers for Disease Control and Prevention. Call 702.616.4914 for class dates and times.

Lab Screenings for Diabetes

Glucose \$5, A1C \$10. A 12-hour fast is required.

Thursday, June 11, 7-10 a.m.

GV: Appointment needed

Thursday, July 16, 7-10 a.m.

WEST: Appointment needed

Newly diagnosed with diabetes?

Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with our Certified Diabetes Educators.

Call 702.616.4975 for appointment.

Diabetes Awareness Treatment & Education

American Diabetes Association accredited diabetes education. Individual visits available with an option for additional visits done individually or in group classes with an RN or RD with advanced training in diabetes education. Flexibility in individual visit scheduling.

Group classes are as follows:

Tuesdays & Wednesdays – May 12 & 13, June 9 & 10,

July 14 & 15; 9 a.m.-1:30 p.m.

Tuesdays & Wednesdays – June 23 & 24; 5-9:30 p.m.

GV: Call 702.616.4975 for information and registration

Need support making lifestyle changes with diabetes?

Stanford Diabetes Self-Management Program

Regain control of your life with this six-week program, which offers support, healthy eating tips, medication management, and communication skills. Compliments your current medical treatment.

Thursdays – June 18 until July 23; 9-11:30 a.m.

HEND

Stanford Plus

Do you have diabetes? Are you a Medicare beneficiary? This American Association of Diabetes Educators accredited diabetes education program can help manage your diabetes! A clinical champion will help you set goals as you participate in a Stanford Diabetes Self-Management Program to maximize your experience and knowledge. Available in English and Spanish.

Call 702.616.4914 for more information.

Happy Feet Screenings

Have your feet examined to prevent diabetic-related problems and identify circulation issues.

Saturday, June 27; 1-3 p.m.

GV: FREE - Appointment required

- 1. WomensCare/WIC Center - Green Valley**
2651 Paseo Verde Parkway, Suite 180
- 2. Siena Campus**
3001 St. Rose Parkway
- 3. Rose de Lima Campus**
102 E. Lake Mead Parkway
- 4. WomensCare/Outreach Center - Hendersson**
98 E. Lake Mead Parkway, Suite 301
- 5. San Martín Campus**
8280 W. Warm Springs Road
- 6. WomensCare Center - West**
7220 S. Cimarron Road, Suite 195

Call **702.616.4900** for information and reservations or enroll in classes online at StRoseHospitals.org/classes

Dinner with a Doc

Do you suffer from unexplained leg pain? It might not just be part of getting older; it could be a sign of peripheral arterial disease (PAD). Are you at risk? Find out with Dr. W. Tracey Jones, licensed vascular surgeon.

Thursday, June 4; 6-7 p.m.

SAN: Seating limited

spring calendar

NEW! ENROLL IN CLASSES ONLINE! STROSEHOSPITALS.ORG/CLASSES

Rose Regatta



Rose Regatta 2015 – REGISTER NOW

Organize 20 paddlers and take to the lake to raise funds for St. Rose breast cancer programs! Registration includes one team training session, equipment use, and Rose Regatta dragon boat race entry. Visit roseregatta.org or call 702.616.5762 for registration and sponsorship opportunities.

Saturday, October 10; 8 a.m.- 5 p.m.

Pink Paddlers Breast Cancer Survivor Team Practices

Any survivor can join this team! Call Terry at 702.497.3385.

1st & 3rd Mondays – 6-7 p.m.

LLV: FREE for survivors

Dragon Boat Paddling

Individuals paddle for fun and fitness. Open to experienced and beginning paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub.

LLV: \$10 per person or \$200 per team

heart & stroke programs

Blood Pressure Screenings

Thursday, June 11; 7-10 a.m.

GV: FREE

Thursday, July 16; 7-10 a.m.

WEST: FREE

Heart Healthy Cooking

Learn how to have a healthy heart with nutrition facts, meal planning tips, and regular exercise with Samantha Louie, RD.

Thursday, July 16; 2-3:30 p.m.

GV: FREE

Cardiac Nutrition

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

Thursday, July 16; 10-11:30 a.m.

GV: FREE

Thursday, June 18; 3-4:30 p.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, May 26; 5-9 p.m.

Tuesday, June 23; 5-9 p.m.

Wednesday, July 15; 5-9 p.m.

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

► smoke-free

Stop Smoking with Hypnosis

Step out of that cloud of smoke! Wear comfortable clothes and bring your pillow.

Thursday, May 14; 6-8 p.m.

GV: \$25 (includes CD)

Wednesday, July 8; 6-8 p.m.

WEST: \$25 (includes CD)

Freedom from Smoking

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

Tuesdays – June 2-July 14 & Thursday, June 25; 5:30-7 p.m.

SAN: FREE

Nevada Tobacco Quitline

When you are ready to stop smoking, call **1-800-QUIT-NOW** (1-800-784-8669) or visit livingtobaccofree.com.

► cancer screenings & survivorship

Skin Cancer Screenings

Get a suspicious mole or spot checked by Kristine Herlevi P.A.-C, from the office of Curt Samlaska, M.D., licensed dermatologist.

Thursday, June 11; 2-4 p.m.

GV: FREE - appointment required

Cancer Thriving & Surviving

Are you a patient in treatment or a cancer survivor? Stanford School of Medicine's six-week program can help you set personal goals and develop the skills you need to successfully regain control of your life. Enhances regular treatment with techniques to deal with poor sleep and living with uncertainty; exercise strategies; making decisions about treatment and complementary therapies; healthy eating; communication skills; and more!

Mondays – May 25 until June 29; 2:30-5 p.m.

GV: FREE

FIT Colon Test

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

GV; WEST: \$15

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the R.E.D. Rose Program at 702.492.8557 if under age 49 or call the Mammovan if over age 50 at 877.581.6266. Funded by Susan G. Komen for the Cure® and the National Breast Cancer Foundation.

Breast Cancer Prosthesis & Bra Fittings

Uninsured? Receive a free fitted bra and prosthesis. Call 702.568.9595.

► screenings

Call 702.616.4900 for screening appointments.

Metabolic Testing

Thursday, May 28; 8-10 a.m.

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

Wednesday, July 8; 8-10 a.m.

GV: \$45; Call 702.616.4975 for appointment

Becoming Medicine Wise

Meet individually with Pharmacist Krystal Riccio to learn about how your prescription and over-the-counter medications should be taken so they work correctly with minimal side effects.

Wednesday, July 22; 9 a.m.-noon

GV: FREE - appointment needed

Stepping On: Fall Prevention Program

Did you realize that one out of three people over 65 fall each year? Learn how to prevent serious injuries like hip fractures in this six-week class.

Wednesdays - May 13-June 17; 4-6 p.m.

GV: FREE



CALL 702.616.4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Health Screenings

Total Cholesterol \$5, Lipid Panel (LDL, HDL, triglycerides) \$30, Liver Panel \$10, Glucose \$5, A1C (diabetes) \$10, Thyroid panel (TSH & FT4) \$10. A 12-hour fast is required.

Thursday, June 11; 7-10 a.m.

GV: See prices above. Appointment needed

Thursday, July 16; 7-10 a.m.

WEST: See prices above. Appointment needed

Peripheral Artery Disease Screening

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

Thursday, June 18; 8 a.m.-noon

GV: Appointment needed

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, June 17; 10 a.m.-noon

GV: FREE - appointment needed

Wednesday, July 15; 10 a.m.-noon

WEST: FREE - appointment needed

▶ **nutrition**

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit your SNAP application. Call 702.616.4905 for an appointment.

Every Tuesday – 8 a.m.-noon

GV WIC: FREE

Weight Management Club

Free monthly weight management group with St. Rose registered dietitians.

Wednesdays – May 27, June 24, July 29; 5-6 p.m.

GV: FREE

Eating On the Run

Join Sherry Poinier, RD, CDE, and Samantha Louie, RD, for a cooking demo and tips for eating healthy on the go.

Thursday, June 4; 11 a.m.-12:30 p.m.

GV: FREE

Hypoglycemia Awareness

What is Hypoglycemia? Learn how to treat and avoid the symptoms from Sherry Poinier, RD, CDE.

Thursday, June 25; 9:30-11 a.m.

GV

Superfoods for your Health

Sherry Poinier, RD, CDE, and Samantha Louie, RD, introduce foods with high contents of antioxidants, vitamins, and other nutrients that can have health-promoting properties.

Wednesday, July 8; 10-11:30 a.m.

GV: FREE

Grocery Shopping Tour with a Registered Dietitian

Follow a virtual grocery store tour with a Registered Dietitian through the aisles to learn how to select healthy foods.

Tuesday, July 21; 1:30-3 p.m.

GV: FREE

Living Gluten Free

Find out if a gluten-free diet is right for you from Sherry Poinier, RD, CDE.

Thursday, July 30; 10-11:30 a.m.

GV: FREE

Lose Weight with Hypnosis

Let go of the weight-loss struggle using hypnosis. Wear comfortable clothes and bring your pillow.

Thursday, June 11; 6-8 p.m.

GV: \$25 (includes CD)

Tuesday, July 21; 6-8 p.m.

WEST: \$25 (includes CD)

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 702.616.4975 for an appointment and pricing.

▶ **fitness**

Zumba GOLD

Show aging who's "the boss" with low impact dance for the young at heart.

Wednesdays – 9-10 a.m.

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

Walking Clubs

All ages, fitness levels, and strollers welcome. Call 702.616.4902 for seasonal meeting locations.

Mondays and Thursdays, 8:30-9:30 a.m.

Beginner Pilates

Build a strong core with floor exercises.

Wednesdays – 10:30-11:30 a.m. with Janice

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

Zumba Fitness

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

WEST: \$5 per session, 5 sessions for \$20 or 10 sessions for \$30

Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga, and movements that target women's aging zones.

Tuesdays & Thursdays – 9-10 a.m. with Jeannine

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

Red Hot Mamas

Osteoporosis and Menopause: Boning Up on Bone Health

Join us to learn about the direct relationship between menopause and bone loss and discuss ways to prevent and treat osteoporosis. Dress appropriately for an Ageless Woman Workout with Jeannine Mason.

Thursday, May 28; 6-8 p.m.

Where Did I Put It? Memory Meltdown at Menopause

Haydee Docasar, MD, licensed gynecologist, will address the effects of aging on memory, declining levels of estrogen, and its effect on brain function. Walk the labyrinth for mind and body balance.

Thursday, June 25; 6-8 p.m.

Your Partner's Menopause: What You Need to Know About Her Transition

Bring your partner! Learn what every man should know about female menopause, then join Jeannine Mason for a natural face rejuvenation activity!

Thursday, July 23; 6-8 p.m.

All meetings take place at GV location. Register online or by calling 702.616.4900.

Tai Chi

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

Intermediate: Wednesdays – 1:30-2:30 p.m.

Advanced: Wednesdays – 2:30-3:30 p.m.

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

Chair Exercise

Practice simple cleansing breathing, stretching, strengthening, and fun balance movements while seated in your chair!

Mondays – 9-10 a.m. with Paige

GV: FREE

Tuesdays – 10-11 a.m. with Paige

WEST: FREE

Thursdays - 10-11 a.m. with Paige

HEND: FREE

spring calendar

NEW! ENROLL IN CLASSES ONLINE! STROSEHOSPITALS.ORG/CLASSES

Support Groups

COND - Siena Campus - Conference Room D, Henderson

GV - WomensCare Center, Green Valley

MAC - Siena Campus - MacDonald Room, Henderson

RAN - Rose de Lima Campus - Annex, Henderson

SAN - San Martín Campus, Las Vegas

WEST - WomensCare Center, Las Vegas

AA for Women - Mondays, 7:30 p.m. & Wednesdays,
Noon **GV**; Mondays, 12:15 p.m. **WEST**

AA Co-Ed - Sundays, 6 p.m. **RAN**; Thursdays, 7 p.m.
MAC; Sundays, Mondays, Tuesdays, Fridays, 7 p.m. **SAN**

Alzheimer's Support Group - 4th Tuesday, 4:30 p.m. **GV**

ALS Support - 1st Tuesday, 1 p.m. **GV**

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

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

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

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

Fibromyalgia Friends - 3rd Thursday, 6:30 p.m. **GV**

Gamblers Anonymous - Tuesdays, 6 p.m.; Fridays,
7 p.m.; Saturdays, 6 p.m. **COND**; Saturdays, 12:30 p.m.
SAN

Gluten Free Support Group - 3rd Thursday, 6 p.m. **GV**

Infertility Support Group - 2nd Monday, 6 p.m. **SAN**

Multiple Sclerosis Support Group - 3rd Wednesday,
6 p.m. **GV**

Narcotics Anonymous - Wednesdays, 5:30 p.m. **COND**;
Wednesdays, 7 p.m., Thursdays, 7:30 p.m., Sundays,
7 p.m. **SAN**; Mondays, 6:30 p.m. **RAN**

Ostomy Support - 2nd Saturday, 2 p.m. (no meeting in
July) **MAC**

Senior Peer Counseling - Call 702.616.4902. **GV, WEST**

Stroke & Aphasia Lunch Bunch - 1st & 3rd Wednesdays,
Noon **GV**

Substance Abuse Help - 702.486.8250

Suicide Prevention Lifeline - 1.800.273.8255

Surviving Suicide, Bereavement Support for Adults -
1st & 3rd Tuesdays, 6:30 p.m. **GV**

Transitions of Aging - 1st & 3rd Tuesdays, 11 a.m. **GV**

Us Too-Prostate Cancer Education & Support - 3rd
Wednesday, 7 p.m. (no meeting in July) **SAN**

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

Belly Dancing

2nd Saturday - May 9, June 13, July 11; 10:30 a.m.-noon
with Goldie
WEST: FREE

Flex Fusion

Therapeutic stretching with flexibility for floor or
chair exercise.
Thursdays - 3-4 p.m. with Paige
WEST: FREE

Yoga for Beginners (for all levels)

Learn alignment and foundation concepts to
deepen your yoga practice.
Mondays - 5:30-6:30 p.m. with Dorothy
GV: \$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
GV: \$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

Mixed Level Yoga

Requires solid minimum experience beyond
basic beginner. Please bring a block and yoga
strap, if possible.
Wednesdays - 5:45-6:45 p.m. with Dorothy
GV: \$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.
Tuesdays - 6-7 p.m. with Jen
Fridays - 9-10 a.m. with Jen
Saturdays - 9-10 a.m. with Jen
WEST: \$5 per session or 5 sessions for \$20

wellness

Energy Healing Circle

Reduce stress and heal with chakra balancing
and healing circle with Anna.
1st Tuesday - May 5, June 2, July 7; 7-8 p.m.
WEST: FREE

Better Breathers Club

Join the St. Rose Respiratory Therapy
Department to get support!
1st Thursday, May 7, June 4, July 2; 1-2 p.m.
GV: FREE

Healthier Living

Join Stanford School of Medicine's six-week
Chronic Disease Self-Management Program to
regain control of your life with techniques that
deal with frustration, fatigue, pain and isolation;
exercise strategies to improve strength, flexibility,
and endurance; healthy eating; and more!
Thursdays - June 4 until July 9; 10 a.m.-12:30 p.m.
HERITAGE PARK SENIOR FACILITY: 300 S. Racetrack Rd.:
Call 702.267.2950

AARP Smart Driver Program

Reduce your car insurance rates with AARP's
Smart Driver program.
Monday - May 11, June 8, July 13; 9 a.m.-1 p.m.
Friday - May 22, June 26, July 24; 1-5 p.m.
GV: \$15 members, \$20 non-members (check only)
Tuesday - May 26, June 23, July 28; 9 a.m.-1 p.m.
HEND: \$15 members, \$20 non-members (check only)

Medicare ABCD's

Learn to decipher the Medicare maze and
maximize Medicare benefits for you and your
family.
Tuesday - May 12, June 9, July 14; 9-10 a.m.
GV: FREE

Balancing Energy Fields

Join Goldie to release the past and embrace the
future through EFT, sound therapy, and meditation.
2nd Tuesday - May 12, June 9, July 14; 6-8 p.m.
WEST: \$5

Relaxation Meditations

Practice techniques that promote peace and health.
2nd Tuesday - May 12, June 9, July 14; 5:30-6:30 p.m.
with Dorothy
GV: FREE
1st Tuesday - May 5, June 2, July 7; 5:45-6:45 p.m. with Anna
WEST: FREE

Powerful Tools for Caregivers

Feeling overwhelmed by the task of caring for a loved
one? This six-week workshop will help you develop self-
care tools to become a better caregiver and a happier,
wiser, healthier you!

Tuesdays - July 21 until Aug. 25; 10 a.m.-12:30 p.m.
GV



CALL 702.616.4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Humankindness Tea

Meet our Dominican Sisters! Join Sister Vicki Dalesandro and enjoy afternoon tea and reflection.

Tuesday, July 14;
3:30-4:30 p.m.
GV: FREE



Safe Sitter

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

Monday, July 20 or Aug. 17; 9 a.m.-4:30 p.m.
GV: \$20 (includes lunch)

Essential Oils

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

Tuesday, June 30; 6-7:30 p.m.
GV: FREE

Communication through Sign Language

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

Fridays – June 12, 19, and 26; 3:30-5 p.m.
GV: FREE
Fridays – July 17, 24, and 31; 3:30-5 p.m.
WEST: FREE

Labyrinth Walk

Celebrate the new season and count your blessings with each step through the labyrinth.

Friday, June 19; 2 p.m.
GV: FREE

Girl Talk

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

Thursday, July 9; 6-7 p.m.
GV: FREE

Tea & Talk Book Club

Call 702.616.4900 for monthly book titles.
3rd Thursday – May 21, June 18, July 16; 2:30-3:30 p.m.
GV: FREE

Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call 702.616.4902 for appointment.
GV: WEST: RDL: SAN

Help Helping Hands!

Wanted: Volunteers to drive Henderson seniors to doctor's appointments, errands, and grocery shopping. Call 702.616.6554 to volunteer.

Knit To Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Learn to knit or crochet. Yarn donations also appreciated!

2nd & 4th Thursdays – May 14 & 28, June 11 & 25, July 9 & 23; 10 a.m.-noon

GV: FREE

2nd & 4th Thursdays – May 14 & 28, June 11 & 25, July 9 & 23; 1-3 p.m.

WEST: FREE

Self Hypnosis for Change

Learn to harness the power of your mind through hypnosis. Wear comfortable clothes and bring your pillow.

Thursday, July 30; 6-8 p.m.

GV: \$25 (includes CD)

Wednesday, June 3; 6-8 p.m.

WEST: \$25 (includes CD)

▶ pregnancy & childbirth

Call 702.616.4900 (24/7) or log on to StRoseHospitals.org/classes for class dates and more information.

Text4baby

Text BABY to 511411 to get FREE messages on your cell phone for tips and reminders throughout your pregnancy and your baby's first year.

Fit 4 Baby

Join FIT4MOM® Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching, and balancing exercises. Register at lasvegas.fit4mom.com or 702.882.1795.

Saturdays – 10-11 a.m.

GV: 10 classes for \$110

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays – 1-2 p.m.

MAC

Car Seat Safety Checks

Call 702.616.4902 for appointment.

1st Tuesday – May 5, June 2, July 7; 1-3 p.m.

WEST: \$10

2nd Friday – May 8, June 12, July 10; 3-5 p.m.

GV: \$10

3rd Friday – May 15, June 19, July 17; 3-5 p.m.

HEND: \$10

Prenatal Yoga

Bond with your baby and trust the birthing process, with Cindy Lydon, certified whole birth prenatal yoga instructor.

Mondays – 11:30 a.m.-12:30 p.m.

GV: \$3 per class or 10 sessions for \$20

2nd Mondays – 5-6 p.m.

WEST: \$3 per class or 10 sessions for \$20

▶ breastfeeding

Breastfeeding Helpline

Certified Lactation Consultants or Counselors help address your breastfeeding questions and concerns; call 702.616.4908.

Breastfeeding Consultations

Call 702.616.4902 for a private appointment with a Certified Lactation Consultant or Counselor.

GV: \$50 for St. Rose Dominican patients; \$75 for all other clients.



Prenatal Classes

Call 702.616.4900 or log on to StRoseHospitals.org/classes for dates, times, and to register.

FREE Maternity Tours – 3rd Saturday mornings & 1st Tuesday evenings, SAN MARTÍN CAMPUS; 3rd Saturday afternoons & 4th Monday evenings, SIENA CAMPUS

Baby Basics – \$30: GV & WEST

Boot Camp for New Dads – \$20: GV

Breastfeeding – \$30: GV & WEST

Childbirth Express – \$35: GV

Gestational Diabetes Consultations – 702.616.4975

Hypnobirth – \$260 per series: GV. Call 702.403.0415

Infant CPR – \$20: GV & WEST

Prepared Childbirth – \$50: GV & WEST

Smoking Cessation for Pregnancy – Call the Nevada Tobacco Quitline: 702.877.0684

Substance Abuse Help for Pregnancy – 702.486.8250

spring calendar

NEW! ENROLL IN CLASSES ONLINE! STROSEHOSPITALS.ORG/CLASSES

Baby Weigh Stations

Free weight checks; no appointment necessary.
GV: WEST: HEND

Breast Pump Rentals

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

New Mommy Mixer

Mondays – 11 a.m.-noon
HEND: FREE
Wednesdays – 11 a.m.-noon
WEST: FREE
Fridays – 11 a.m.-noon
GV: FREE

La Leche League

Join other nursing mothers for information, support, and encouragement.
4th Thursday – May 28, June 25, July 23; 10-11 a.m.
HEND: FREE

► infants, children & parenting

Call 702.616.4900 to register

Cooking Demonstration with WIC Foods

Learn to prepare healthy meals with WIC-approved foods from a Registered Dietitian.
3rd Thursday – May 21, June 18, July 16; 11:30 a.m.-noon
GV: FREE - Call 702.616.4905 to register



St. Rose Dominican WIC Nutrition Programs

Healthy food, nutrition consultations, and breastfeeding support: for pregnant women and children up to age 5. Call 702.616.4905 for information.

GV: WEST: FTF

Stroller Strides

Join FIT4MOM® Las Vegas for a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.
Fridays – 12:30-1:30 p.m.
GV: 10 classes for \$110

Dancing with Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props, and parent participation. Children ages 18 mos.-5 yrs. Call 702.616.4900 to register.
Thursdays – 11:15-11:45 a.m. or noon-12:30 p.m.
GV: FREE
Mondays – 11-11:30 a.m. or 11:45 a.m.-12:15 p.m.
WEST: FREE
Fridays – 11:30 a.m.-noon
HEND: FREE

Mommy & Baby Yoga

Moms and babies ages 6 weeks -1 year.
Fridays – 11:30 a.m.-12:30 p.m.
WEST: \$3 per class or 8 sessions for \$20

Toddler Play Group

Toddlers age 3 and under join Family to Family Las Vegas West for music and movement.
Tuesdays – 12:15-1:15 p.m.
GV: FREE
Tuesdays – 3-4 p.m.
WEST: FREE

Infant Development

Join Family to Family for this development playgroup for babies up to age 1.
Mondays – 2-3 p.m.
GV: FREE

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.
1st Saturday – 1-1:30 p.m.
GV: FREE
1st & 3rd Thursdays – May 7 & 21, June 4 & 18, July 2 & 16; 1-1:30 p.m.
WEST: FREE
3rd Tuesday – May 19, June 16, July 21; 11-11:30 a.m.
HEND: FREE

Infant Nutrition

Join Family to Family for a weekly mommy/baby group focused on infant nutrition – homemade baby food, weaning, starting solids, and more.
Wednesdays – 2-3 p.m.
GV: FREE

Wee Can Sign: Baby Sign Language Level I

Parents and babies (birth to 12 months) learn ASL sign language. Visit WeeCanSign.com.
Fridays – June 19, 26 and July 10, 17; 11 a.m.-noon
GV: \$80 (includes Sign with Your Baby DVD)
Thursdays – July 9, 16, 23, 30; 11 a.m.-noon
Saturdays – May 9, 16, 23, 30; 10:30-11:30 a.m., June 6, 13, 20, 27; 10:30-11:30 a.m.
WEST: \$80 (includes Sign with Your Baby DVD)

Sing and Sign: Baby Sign Language Level II

For parents and toddlers ages 1-3 years. For more information, visit WeeCanSign.com.
Fridays – May 15, 22, 29 and June 12; 11-11:45 a.m.
GV: \$80 (includes Pick Me Up kit)
Thursdays – May 21, 28 and June 11, 18; 11-11:45 a.m.
Saturdays – July 11, 18, 25 and Aug. 1; 10:30-11:15 a.m.
WEST: \$80 (includes Pick Me Up kit)

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.
2nd Friday – May 8, June 12, July 10; 1-3 p.m.
HEND: FREE

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 702.616.4378 for dates.
HEND

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.
Wednesdays – 10-11 a.m.
HEND: FREE

Crawlers & Climbers

Let little one safely explore through texture and climbing structures. Ages 9-24 months.
1st & 3rd Fridays – May 1 & 15, June 19, July 17; 10-11 a.m.
HEND: FREE



Find a St. Rose
OB/GYN

call 702.616.4900 or visit
StRoseHospitals.org.

CALL 702.616.4900 FOR INFORMATION, RESERVATIONS AND TO LEARN ABOUT OTHER PROGRAMS.

Why iGive to St. Rose

When Jo-Ann Friscia walks into work at Dignity Health - St. Rose Dominican's San Martín Campus, she never knows what to expect. As a respiratory therapist, Jo-Ann cares for patients with heart and lung problems such as asthma, chronic bronchitis, emphysema, and sleep apnea. She also monitors patients who have experienced a heart attack or suffered a stroke.



“Each day is different ... I have seen births and deaths all in one shift,” she says. “It’s very unpredictable, and I don’t just stay in one location in the hospital. I work in the intensive care unit, the emergency room, and on the floors.”

Typically working 12-hour shifts three to four days a week, Jo-Ann is committed to making a difference in more ways than one. She donates a portion of each paycheck to the St. Rose Dominican Health Foundation through the hospital’s employee iGive program.

“My family has needed help a couple of times, and we have been fortunate that agencies have been there to help us,” says Jo-Ann. “I feel that it’s now my turn to give back to the people who really need it, just like the agencies that helped my family.”

The St. Rose Dominican Health Foundation was created in 1995 as a fundraising arm to fulfill the needs of the hospitals and improve the general health of the community. The funds it

receives help support the introduction of new technology and equipment, enhanced programs and services, quality education and training, and more.

Hospital staff and community members can contribute to the foundation in a variety of ways: through outright donations, pledges, memorials and tributes, gifts of stock or securities, partnerships, and estate giving.

“I’d like to encourage everyone to donate, even if it is just \$5. That’s just one coffee at Starbucks,” says Jo-Ann. “It helps the community and brings everyone together like a family. It’s what we need here.”

When Jo-Ann isn’t pouring her heart into her work, she enjoys listening to music, crocheting, and traveling. She recently visited St. Lucia in the Caribbean and is planning a trip this fall to the East Coast.

“I never know what I’m going to see when I come to work, so I treat each day like a new beginning,” Jo-Ann says. “I

came to St. Rose Dominican five years ago, and I appreciate the teamwork of our staff. We’re helping people, and it’s very satisfying.”

For more information or to donate, visit supportstrose.org or call 702.616.5750. **WC**

As I get, I give. Giving as you get is critical. It has everything to do with being happy for yourself, and making others happy is the cause of making yourself happy, and it’s the cycle of giving and getting.

— Russell Simmons



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