

Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

SUMMER 2015 ISSUE

THE STRENGTH WITHIN

From personal journeys
to strong bones for life

START TODAY

7 tips to help
your child
get healthier

Racing for
breast health

ROSE REGATTA

AT LAKE LAS VEGAS



Good health: It's within your reach

Welcome to *Reach*, St. Rose Dominican's new health and wellness magazine, formerly known as *WomensCare*.

Why *Reach*? Each time you open this magazine, we hope you'll think about the goals you aspire to reach—and find the inspiration and support you need to pursue them. When we're healthy and happy, we can reach out to others, too—and grow together.

Our first issue focuses on "The Strength Within" each of us. We'll talk to a strong woman who is living with breast cancer. We'll introduce you to one of our amazing Sisters. And we'll share tips, ideas, and classes to help you stay strong and healthy, both physically and emotionally.

Please enjoy—and let us know what you think.

Brian G. Brannman
Senior vice president of operations, Dignity Health Nevada; president/CEO – Siena Campus



REACH is published as a community service for the friends and patrons of ST. ROSE DOMINICAN. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

Physicians listed, pictured, or interviewed are licensed by the Nevada State Board of Medical Examiners (MDs), the Nevada State Board of Osteopathic Medicine (DOs), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health—St. Rose Dominican unless specifically noted.

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INSIDE & ONLINE

Reach magazine



4 THE STRENGTH TO SURVIVE

How Raedel Houde was able to stand up to cancer



7 MARK YOUR CALENDAR

Classes and events that help you get fit, informed, and healthy



12 NO BONES ABOUT IT

Get the facts about low bone density and protecting yourself



15 A TRUE CALLING

Sister Mary Kieffer, OP, puts *humankindness* in action

Your online health resource

StRoseReach.org

We care about you and the health of your family. So we created this special online resource with you in mind. Visit often for additional information on classes and to learn new ways to get and stay healthy.

Try new, healthy recipes; get tips on improving bone health; and find out about your risk for ovarian cancer.



Even more ways to connect

StRoseHospitals.org



Join us in our passion for caring SEE YOUR NAME ENGRAVED IN OUR HALLS

When you're sick, it's natural to want to be at home. At the very least, you want to feel at home. That's the feeling we strive for in our hospitals, including our new patient tower on the Siena Campus, which we've built with the help of our generous donors.

The Siena Campus is where southern Nevadans turn for help. The spirit of partnership—of connectivity—gives life to Dignity Health—St. Rose Dominican's ministry. It makes our Siena Campus more than just a hospital on a corner, but rather a cornerstone in our community.

Our legacy together. Our Siena Campus expansion is our promise to care for our partners. As southern

Nevada's only not-for-profit, faith-based hospital system, we consider providing health care a calling, not just a service. There's true beauty in caring for others, comforting those who are sick or injured, and celebrating with families as they welcome new babies.

By contributing to our Partnership for Compassionate Care capital campaign, you can be part of that legacy—and even have your name engraved in the halls of St. Rose.

Celebrate the opening of our new patient tower by making a donation today.

Please contact our Foundation office at **702.616.5750** or visit **supportstrose.org** to learn more.



Why I donate

“As a St. Rose employee, I give as a way of making a positive difference to every person our mission touches. It feels good to be part of something bigger than yourself.”

—Natasha M.

partnership
FOR COMPASSIONATE CARE
Siena Campus Patient Tower Campaign

See your medical records anytime, anywhere

Your medical records are now available online! To see them, just enroll in the Dignity Health Online Patient Center. It's a convenient, secure way to access your medical information any time you need it.

If you have been a patient at St. Rose Dominican, your medical records are already stored electronically in the patient center. And if you are a Dignity Health Medical Group (DHMG) clinic patient, you can now see your medical records online as well. You can also send messages to your DHMG physician and clinic staff.

Signing up is easy! All you need is an email address. If you have received services at St. Rose



What else can you do online? Get tips, tricks, and a full list of classes and events offered at the WomensCare Centers! Check out our enhanced content at **StRoseReach.org**.

Dominican, simply visit the medical records department at any of the hospitals. If you are a DHMG patient, you can sign up the next time you have an appointment or you can stop by any of our clinics.

For information, call **877.621.8014**.

Why electronic?

Computerized patient records are efficient for hospitals, clinics, doctors—and especially for patients! You can always see important information—like allergies, prescribed medications, lab results, and your medical history—even if you change doctors. And access to good care is easier and safer when your records can be shared.





Facing her dragon

Meet Raedel Houde, single mom, nature lover, dragon boat paddler, animal rescuer, and breast cancer survivor.

In early 2007, Raedel was busy working, raising her daughter, and attending medical school to become a respiratory care practitioner, when she felt a lump in her breast. With her hectic schedule, she didn't give it much thought—she had no history of breast cancer in her family. But a few months later, sudden and debilitating back pain changed everything.

"I was on the way to class during finals but was in so much pain a classmate urged me to go to the hospital," says Raedel. "I was worried about missing finals but finally did go to the emergency room, where doctors ordered an MRI. That's when they found the trauma in my back."



Getting ready for your next mammogram?

Our infographic lets you know just what to expect—and how to prepare. Visit StRoseReach.org.



A devastating diagnosis

Raedel was diagnosed with Stage IV, HER2/neu triple positive breast cancer. "This is a very fast-growing form of breast cancer that is more likely to spread to other parts of the body," says her oncologist, Russell Gollard, MD. "It had already spread through her lymph system and to her bones by the time she was diagnosed, which is what caused her back pain."

Raedel had emergency surgery on her spine to remove as much of the cancer as possible. But by the time it was caught, it had caused so much damage that two vertebrae, several discs, and a rib needed to be removed as well. She later had additional surgeries to remove the cancer from her breast and lymph nodes.

Finding strength and hope

Raedel says her desire to overcome cancer was strong from the beginning. “My oncologist told me that I was going to get sick of seeing him,” she laughs, but her response was, “No, I’m going to get *well* seeing you.”

But it would be a long road. In the hospital, Dr. Gollard immediately started Raedel on a targeted form of chemotherapy called Herceptin. It attacks specific cancer cells without harming normal cells. She had that therapy every week for three years. But that was just a part of her treatment plan. She also had 30 rounds of radiation, four months of traditional chemotherapy, and seven years of oral chemotherapy. Raedel continues to receive targeted chemotherapy every three weeks through a port in her chest, which, as she says, “knocks me down for a few days after each treatment.”

Understandably, Raedel had times that were incredibly difficult, including a very long period of depression. Eventually, she reached out to ACT, a breast cancer support group, which inspired her to get involved in dragon boat paddling. She’s developed close relationships with the women she’s met, which helps fuel her strength—and optimism.

“I’m so grateful that my body continues to respond well to the treatment. It has kept me alive for eight years now, despite the odds,” she says. “I’ve been able to meet my daughter Katelyn’s first boyfriend, teach her to drive, shop for prom dresses, and watch her graduate from high school. I’m looking forward to meeting her future husband, attending her wedding, and spoiling grandchildren.”

Early detection saves lives

If you or someone you love notices a lump while doing a breast self-exam, have it checked immediately. The earlier breast cancer is caught, the greater the chance of recovery.

Raedel Houde drew strength and support from dragon boat racing. If you want to start paddling or learn more about the upcoming Rose Regatta, visit StRoseReach.org.



Want to paddle? Turn to page 6 to find out how you can participate in the Rose Regatta dragon boat race.

Do you need a physician? Call our physician referral line at **702.616.4900**.





Paddling for a purpose

Dragon boat races support women

Impossibly long canoes resembling Chinese dragons slip through the water. Crews paddle to a drumbeat, vying to be the fastest boat.

It's all part of the annual Rose Regatta Dragon Boat Race and Festival. Scores of paddlers and spectators will come together to support women facing a breast health crisis.

Rose Regatta helps fund St. Rose Dominican's R.E.D. Rose Program, which provides potentially lifesaving mammograms and other diagnostic services to people without adequate health care coverage. "This could be your neighbor, a sister, or the kind stranger in line ahead of you at the store," says Terry Maurer, a dragon boat team coach and breast cancer survivor. "These women are scared and need to find out if their health is in danger."

Come get on a boat!

On race day, more than 70 teams will compete in 250-meter sprints. And you, too, are invited to have a blast

on a boat—and support this crucial cause. You might:

- Form a team of your own.
- Join a community team of other solo paddlers.
- Sponsor a team as a business or an individual.
- Raise money. Prizes are available for the teams and individuals who collect the most pledges.

Your entry fee includes a practice session with a coach. And you can buy more practices, which also support R.E.D. Rose.

Bring the family

On shore, enjoy drumming, dancing, and kids' events. "It's like the Fourth of July in October," Maurer says. "Friends and family will place roses on the water to honor loved ones affected by breast cancer."

Get ready for race day!

Saturday, Oct. 10

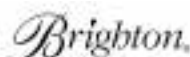
Lake Las Vegas, 8 a.m. to 5 p.m.

Visit roseregatta.org to learn more and register a team.



THANK YOU, SPONSORS

Pink sponsors



Jade sponsors

- Gerety & Associates, CPAs
- NV Energy

- UPS
- Steinberg Diagnostic Medical Imaging

Paddlers With Purpose sponsors

- Bank of America
- Radiology Associates of Nevada
- The Tyler Foundation

For your HEALTH



SUMMER 2015 CALENDAR OF CLASSES AND EVENTS

Call **702.616.4900** for information and to register. Learn more at **StRoseReach.org**.



Diabetes Management

What Is Prediabetes?

Learn how to avoid or delay diabetes.

Monday, Aug. 31, 4 to 6 p.m.

Wednesday, Sept. 30, 10 a.m. to noon

GV FREE

Tuesday, Sept. 29, 10 a.m. to noon

HEND FREE

National Diabetes Prevention Program

If you have prediabetes or other risk factors for type 2 diabetes, modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call **702.616.4914**.

Wednesdays, beginning Sept. 16; 4 to 5 p.m.

GV \$40 to enroll, \$10 per session

Lab Screenings for Diabetes

A 12-hour fast is required.

Thursday, Sept. 17, 7 to 10 a.m.

GV Glucose \$5, A1C \$10, appointment needed

Diabetes Awareness, Treatment & Education (DATE)

Individual visits available with an option for additional visits done individually or in group classes. Flexibility in individual visit scheduling. Call **702.616.4975** for information and registration.

Group classes are as follows:

Tuesday and Wednesday, Aug. 25 and 26, 5 to 9:30 p.m.

Tuesday and Wednesday, Sept. 8 and 9, 9 a.m. to 1:30 p.m.

GV

Gestational Diabetes

Just diagnosed with diabetes during pregnancy? Meet one-on-one with our certified diabetes educators.

Call **702.616.4975** for appointment.

Diabetes Self-Management

This six-week program offers support, healthy eating tips, medication management, and communication skills. Call **702.267.2950**.

Fridays, Aug. 28 to Oct. 2, 9 to 11:30 a.m.

GV FREE

Thursdays, Sept. 10 to Oct. 15, 10 a.m. to 12:30 p.m.

Heritage Park Senior Facility, 300 S. Racetrack Road **FREE**

Happy Feet Screenings

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

Saturday, Aug. 22, 1 to 3 p.m.

GV FREE, appointment required



Heart and Stroke Programs

Heart Healthy Cooking

Learn how to have a healthy heart through nutrition facts, meal planning tips, and regular exercise.

Friday, Sept. 11, 1 to 2:30 p.m.

GV FREE

Cardiac Nutrition

Learn to eat for heart health.

Thursday, Aug. 20, 3 to 4:30 p.m.

WEST FREE

Thursday, Sept. 17, 10 to 11:30 a.m.

GV FREE

Heartsaver CPR/AED

Learn adult, child, and infant CPR, and AED. Two-year certification for non-health-care providers.

Wednesday, Sept. 16, 5 to 9 p.m.

WEST \$30 (includes American Heart Association certification card)

Kidney Smart

One in 10 U.S. adults has kidney disease. Learn how your kidneys function and the best ways to manage your diet and health.

Thursday, Sept. 3, 6 to 7:30 p.m.

GV FREE



Smoke-Free

Stop Smoking With Hypnosis

Wear comfortable clothes, and bring your pillow.

Thursday, Aug. 13, 6 to 8 p.m.

GV \$25 (includes CD)

Wednesday, Sept. 9, 6 to 8 p.m.

WEST \$25 (includes CD)

Freedom From Smoking

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

Tuesdays, Aug. 18 to Sept. 29, and Thursday, Sept. 10, 5:30 to 7 p.m.

GV FREE

LOCATION KEY

(See full key and map on page 8.)

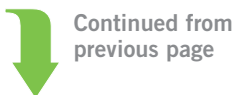


For your HEALTH



SUMMER 2015 CALENDAR OF CLASSES AND EVENTS

Call **702.616.4900** for information and to register.
Learn more at **StRoseReach.org**.



Nevada Tobacco Quitline
Call **800.QUIT.NOW**
(800.784.8669) or visit **www.nevadatobaccoquitline.com**.



Nutrition

Got SNAP?

Get help completing and submitting your application. Call **702.616.4905** for an appointment.

Every Tuesday, 8 a.m. to noon
GV WIC: FREE

Weight Management Club

Free monthly weight management group with registered dietitians.

Wednesdays, Aug. 5, Sept. 2, 5 to 6 p.m.
GV FREE

Eating on the Run

A cooking demo and tips for eating healthy on the go.

Thursday, Sept. 3, 11 a.m. to 12:30 p.m.
GV FREE

Grocery Shopping Tour

Follow a registered dietitian through the virtual grocery aisles.

Tuesday, Sept. 15, 1:30 to 3 p.m.
GV FREE

Lose Weight With Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Aug. 19, 6 to 8 p.m.
GV \$25 (includes CD)

Wednesday, Sept. 30, 6 to 8 p.m.
WEST \$25 (includes CD)

Nutrition Consultations

Meet with a registered dietitian. All insurances welcome, and cash discounts available. Call **702.616.4975**.

Introduction to Ancient Grains

Tired of eating the same old grains? Discover alternative whole-grain options.

Tuesday, Sept. 1, 1:30 to 3 p.m.
GV FREE

Foods Around the World

Broaden your culinary horizons and calibrate your taste buds. Discover traditional foods by taking a virtual guided food tour around the world.

Thursday, Oct. 1, 10 to 11:30 a.m.
GV FREE



Fitness

Walking Clubs

For all ages and fitness levels. Strollers welcome. Call **702.616.4902** for locations.

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

Beginner Pilates

Build a strong core with floor exercises.

Wednesdays, 10:30 to 11:30 a.m.
GV \$5 per session or five sessions for \$20

Zumba Fitness

Mondays and Thursdays, 6 to 7 p.m. and 7:15 to 8:15 p.m.
WEST \$5 per session, five sessions for \$20 or 10 sessions for \$30

Tai Chi

This graceful Chinese martial art improves balance and relaxation.

Intermediate: Wednesdays, 1:30 to 2:30 p.m.

Advanced: Wednesdays, 2:30 to 3:30 p.m.

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

Belly Dancing

Saturdays, Aug. 8, Sept. 12, 10:30 a.m. to noon
WEST FREE

Flex Fusion

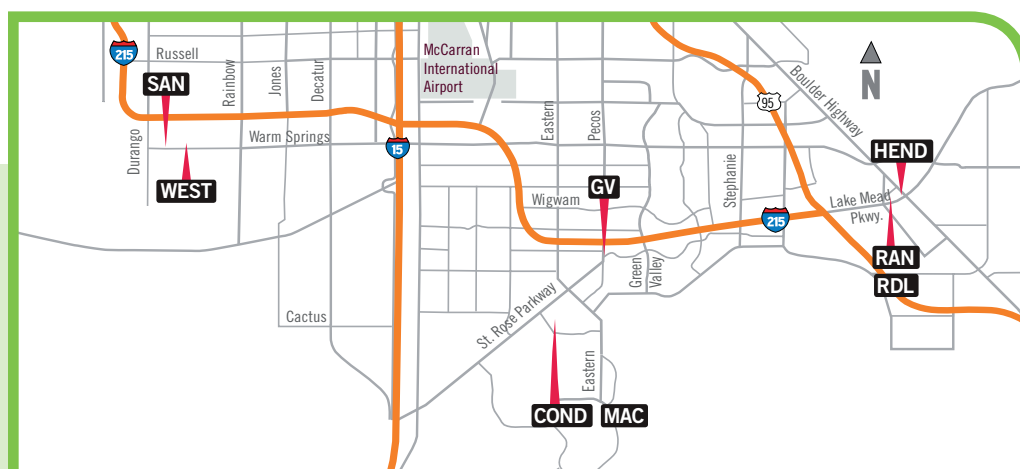
Therapeutic stretching with flexibility for floor or chair exercise.

Thursdays, 3 to 4 p.m.
WEST FREE

Yoga for Beginners (all levels)

Learn alignment and foundational concepts to deepen your practice.

Mondays, 5:30 to 6:30 p.m.
GV \$5 per session or five sessions for \$20



LOCATION KEY

COND Siena Campus – Conference Room D, Henderson
3001 St. Rose Parkway



Take a deeper look! We have more classes available. Visit StRoseReach.org for more.

Mixed Level Yoga

Requires experience beyond beginner. Bring a block and strap, if possible.

Wednesdays, 5:45 to 6:45 p.m.

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

Vinyasa Flow Yoga

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

Tuesdays, 6 to 7 p.m., and Fridays and Saturdays, 9 to 10 a.m.

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



Support Groups

For dates, times, and locations, call **702.616.4900** or visit StRoseReach.org.

- AA for Women
- AA Coed
- Alzheimer's Support Group
- ALS Support
- Better Breathers
- Bereavement Support Group
- Breast Cancer Support
- Daughters Without Mothers
- Diabetes Support
- Fibromyalgia Friends
- Gamblers Anonymous

- Gluten-Free Support Group
- Infertility Support Group
- Multiple Sclerosis Support Group
- Narcotics Anonymous
- Ostomy Support
- Senior Peer Counseling
- Spinal Cord Injury Support
- Stroke and Aphasia Lunch Bunch
- Substance Abuse Help
- Suicide Prevention Lifeline
- Surviving Suicide, Bereavement Support for Adults
- Transitions of Aging
- Us Too—Prostate Cancer Education and Support
- Widows Support



Pregnancy and Childbirth

Call **702.616.4900** or visit StRoseReach.org for dates and more information.

Text4baby

Text BABY to **511411** to get FREE messages on your cellphone 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 by calling **702.882.1795**.

Saturdays, 10 to 11 a.m.

GV 10 classes for \$110

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays, 1 to 2 p.m.

MAC FREE

Car Seat Safety Checks

Call **702.616.4902** for an appointment.

Tuesdays, Aug. 4, Sept. 1, 1 to 3 p.m.

WEST \$10

Fridays, Aug. 14, Sept. 11, 3 to 5 p.m.

GV \$10

Fridays, Aug. 21, Sept. 18, 3 to 5 p.m.

HEND \$10

Prenatal Yoga

Bond with your baby and trust the birthing process.

Mondays, 11:30 a.m. to 12:30 p.m.

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

Second Monday, 5 to 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.

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. to noon

HEND FREE

Wednesdays, 11 a.m. to noon

WEST FREE

Fridays, 11 a.m. to noon

GV FREE

La Leche League

Join other nursing mothers for information, support, and encouragement.

Thursdays, Aug. 27, Sept. 24, 10 to 11 a.m.

HEND FREE



Humankindness TEA

Meet our Sisters! Join Sister Mary Kieffer, OP, to enjoy afternoon tea and reflection.

Monday, Sept. 14, 3:30 to 4:30 p.m.

GV FREE

GV WomensCare/Outreach Center
Green Valley
2651 Paseo Verde Parkway, Suite 180

HEND NEW! WomensCare/Outreach/FTF Center
Rose de Lima Campus, Henderson
98 E. Lake Mead Parkway, Suite 301

MAC Siena Campus – MacDonald Room
Henderson
3001 St. Rose Parkway

RAN Rose de Lima Campus – Annex
Henderson
102 E. Lake Mead Parkway

RDL Rose de Lima Campus, Henderson
102 E. Lake Mead Parkway

SAN San Martín Campus, Las Vegas
8280 W. Warm Springs Road

WEST WomensCare/Outreach Center, Las Vegas
7220 S. Cimarron Road, Suite 195

For your HEALTH



SUMMER 2015 CALENDAR OF CLASSES AND EVENTS

Continued from previous page



Prenatal Classes

Call **702.616.4900** or visit **StRoseReach.org** for dates and times.

FREE Maternity Tours

Third Saturday mornings and Tuesday evenings, San Martín Campus
Third Saturday afternoons and fourth Monday evenings, Siena Campus

Baby Basics

GV \$30

Boot Camp for New Dads

GV \$20

Breastfeeding

GV WEST \$30

Childbirth Express

GV \$35

Infant CPR

GV WEST \$20

Prepared Childbirth

GV WEST \$50

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline at **800.QUIT.NOW** (**800.784.8669**).

Substance Abuse Help for Pregnancy

LOCATION KEY

(See full key and map on page 8.)



Infants, Children, and Parenting

Call **702.616.4900** to register.

Cooking Demonstration With WIC Foods

Learn to prepare healthy meals with WIC-approved foods. Call **702.616.4905** to register.

Third Thursdays, Aug. 20, Sept. 17, 11:30 a.m. to noon
GV FREE.

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 to 1:30 p.m.
GV 10 classes for \$110

Earth Angels

Earth Angels provides alternative learning disciplines that are fundamental to the growth and development of children. Focus is on education for the mind, wholeness for the body, and sanctuary for the spirit. Parents are required to participate in and engage with the program.

Saturdays, Aug. 8 and 22, Sept. 5 and 19, 10 a.m. to noon

GV Cost: love donation

Dancing With Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props, and parent participation. For children ages 18 months to 5 years. Call **702.616.4900**.

Thursdays, 11:15 to 11:45 a.m. or noon to 12:30 p.m.

GV FREE

Mondays, 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m.

WEST FREE

Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

Fridays, 11:30 a.m. to 12:30 p.m.

WEST \$3 per class or eight sessions for \$20

Toddler Play Group

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

Tuesdays, 12:30 to 1:15 p.m.

GV FREE

Tuesdays, 3 to 4 p.m.

WEST FREE

Infant Development

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

Mondays, 2 to 3 p.m.

GV FREE

Call **702.616.4900** for information and reservations, or find more classes online at **StRoseReach.org**.

Sing and Sign: Food Time

Focuses on learning ASL signs for healthy foods using songs, books, and toys. For parents with children ages birth to 2 years.

Tuesdays, 2 to 2:30 p.m.

First Saturday, 1 to 1:30 p.m.

GV FREE

Thursdays, Aug. 6 and 20, Sept. 3 and 17, 1 to 1:30 p.m.

WEST FREE

Tuesdays, Aug. 18, Sept. 15, 11 to 11:30 a.m.

HEND FREE

Infant Nutrition

A weekly mommy and baby group focused on infant nutrition. Includes homemade baby food, weaning, and starting solids.

Wednesdays, 2 to 3 p.m.

GV FREE



WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call **702.616.4905**.

GV WEST HEND FREE



Nevada Health Link Enrollment

Call **702.616.4904**. Uninsured?

Meet our exchange enrollment facilitator to learn about your options.



Wee Can Sign: Baby Sign Language Level I

For parents with babies ages birth to 12 months. Visit weecansign.com.

Fraturdays, Sept. 4, 11, 18, and 25, 11 a.m. to noon

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

Thursdays, Sept. 3, 10, 17, and 24, 11 a.m. to noon

Saturdays, Sept. 12, 19, 26, and Oct. 3, 10:30 to 11:30 a.m.

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

Sing and Sign: Baby Sign Language Level II

For parents with toddlers ages 1 to 3. Visit weecansign.com.

Saturdays, Sept. 12, 19, 26 and Oct. 10, noon to 12:45 p.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.

Friday, Sept. 11, 1 to 3 p.m.

HEND FREE

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 to 11 a.m.

HEND FREE

Love and Logic: Parenting Made Fun!

Learn practical skills to handle the most frustrating parenting concerns from birth to 5 years of age! Five-week series.

Thursdays, Sept. 10, 17, 24, Oct. 1 and 8, 1 to 3 p.m.

HEND \$50 (Scholarships available; please call for details.)

Crawlers and Climbers

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

Fraturdays, Aug. 21, Sept. 4 and 18, 10 to 11 a.m.

HEND FREE

Unplugged

Get your toddler moving with activities that will enhance gross motor, cognitive, and fine motor skills.

Second and fourth Fraturdays, Aug. 14 and 28, Sept. 11 and 25, 10 to 11 a.m.

HEND FREE



Wellness

Essential Oils

Enjoy a relaxing evening learning about powerful essential oils for everyday home and personal use.

Monday, Sept. 21, 6 to 7:30 p.m.

GV FREE

Energy Healing Circle

Reduce stress and heal with chakra balancing.

First Tuesday, Aug. 4, Sept. 1, 7 to 8 p.m.

WEST FREE

Healthier Living

This six-week chronic disease self-management program teaches techniques to deal with frustration, fatigue, pain, and isolation; exercise strategies; healthy eating; and more!

Mondays, Sept. 14 to Oct. 19, 9 to 11:30 a.m.

HEND FREE

Balancing Energy Fields

Release the past and embrace the future through EFT, sound therapy, and meditation.

Second Tuesdays, Aug. 11, Sept. 8, 6 to 8 p.m.

WEST \$5

Relaxation Meditations

Promotes peace and health.

Tuesdays, Aug. 4, Sept. 1, 5:45 to 6:45 p.m.

WEST FREE

Tuesdays, Aug. 11, Sept. 8, 5:30 to 6:30 p.m.

GV FREE

Tuesdays, Aug. 18, Sept. 15, 5:15 to 6:15 p.m.

HEND FREE

Communication Through Sign Language

Learn basic signs in this workshop for adults.

Fraturdays, Sept. 11, 18, and 25, 3:30 to 5 p.m.

GV FREE

Safe Sitter

Youth ages 11 to 16 learn safe, nurturing child care techniques and medical emergency management.

Monday, Aug. 17, 9 a.m. to 4:30 p.m.

GV \$20 (includes lunch)

Girl Talk

Daughters (10 to 14 years) and their moms join a registered nurse to discuss female puberty.

Thursday, Sept. 10, 6 to 7 p.m.

GV FREE

Skin Cancer Screenings

Get a suspicious mole or spot checked.

Thursday, Aug. 27, 2 to 4 p.m.

GV FREE, appointment required

Metabolic Testing

Thursday, Aug. 13, 8 to 10 a.m.

GV \$45: Call **702.616.4975** for an appointment.

Self Hypnosis for Change

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

Wednesday, Aug. 26, 6 to 8 p.m.

WEST \$25 (includes CD)

Thursday, Sept. 24, 6 to 8 p.m.

GV \$25 (includes CD)

But wait,
there's
more!

For a complete listing of classes and events, visit StRoseReach.org.

STAY *strong* FOR LIFE



What to know about osteopenia

You can't see it or feel it. But if you're a woman older than about 30, you're likely losing some bone mass.

Don't worry—it's a normal process. But it's also something to pay attention to. In some people, it can reach a point called osteopenia, also known as low bone density.

Thinning bones

Osteopenia is a term that describes bone density as somewhat low—but not low enough to be osteoporosis. In some people, osteopenia may progress to osteoporosis, the bone disease that can cause bones to easily break.

“For women, bone loss speeds up after menopause,” says Rama Harouni, MD, licensed internal medicine physician with Dignity Health Medical Group. According to the National Osteoporosis Foundation (NOF), these factors can raise the risk of bone loss:

- Being over age 50.
- Having a diet low in calcium.
- Smoking.
- Having a family history of weak bones.
- Being physically inactive.
- Taking certain medicines, such as corticosteroids.

Check it out

“A simple, painless bone mineral density test can determine your bone health,” Dr. Harouni says. “The U.S. Preventive Services Task Force recommends that



Exercise can help keep bones strong. Take the first step: Learn more about fitness classes offered at the WomensCare Centers at StRoseReach.org.



Head to toe

We've got your back with many options for orthopedic treatment. See StRoseHospitals.org/ortho for details.

women age 65 and older have this test.”

Younger women may also benefit from the screening if they are at increased risk for fractures.

Risk factors include smoking, drinking excessive amounts of alcohol, and having a low body mass index or a parental history of fractures. Ask your doctor whether you should be screened.

If you learn you have osteopenia, follow these steps from the NOF to help protect your bones and keep them strong:

- Get plenty of calcium. You can get it from foods such as dairy products and leafy green vegetables. Ask your doctor if you also need to take a supplement.
- Get plenty of vitamin D. Your skin makes it when exposed to sunlight, but most people need to get vitamin D from other sources, such as fortified foods or supplements.
- Stay away from smoking.
- Get some exercise every day.

Learn more about bone health: Call **702.616.4900** or visit a Barbara Greenspun WomensCare Center of Excellence.

Build your bone health

Ready to get started? Try a yoga class or visit StRoseReach.org for more fitness options.

Gentle Yoga

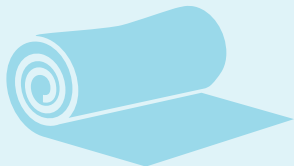
Gain flexibility and balance.

Tuesdays and Thursdays, 10 to 11 a.m.

Green Valley: \$5 per session or five sessions for \$20

Mondays and Wednesdays, 9 to 10 a.m., and Fridays, 10:20 to 11:20 a.m.

West: \$5 per session or five sessions for \$20



Bone health

BY THE NUMBERS

Wondering why and how to take care of your bones? A few facts and figures can help answer those questions.

THE WHY



The age at which most people slowly begin to lose bone mass.

10 million

The number of Americans age 50 and older with osteoporosis, which can cause bones to become weak and fragile.

43 million

The number of Americans age 50 and older with low bone mass. This condition puts people at risk for the bone-thinning disease osteoporosis.

THE HOW



30 minutes: The minimum amount of physical activity adults should get each day to help maintain a strong skeleton. Start with weight-bearing exercise, like walking or playing tennis. Then mix in balance and strengthening exercises, such as weightlifting.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health; National Osteoporosis Foundation

0: The number of cigarettes you should be smoking if you want to lower your risk for osteoporosis.

DID YOU KNOW? Our WomensCare Centers hosted **80,000 class and screening attendees last year**, with 21,156 attendees for our fitness programs alone!

See pages 7 to 11 for classes you can attend.

7 tips to help your child trim down



“There are some positive things you can do to help overweight kids trim down,” says **Amy Darukhanavala, MD**, pediatric endocrinologist at the Dream Fund Pediatric Endocrinology Clinic, St. Rose. Take a few minutes, and discover what steps to take if your child’s health is at risk because of extra pounds.

1 Take away temptation.

Be careful about bringing sugary sodas or calorie-packed foods into your home. Stock up on healthy foods—namely, fruits, veggies, whole grains, and low-fat dairy products.

2 Be a matchmaker.

Kids need at least one hour of physical activity on most days. Your child is more likely to meet this goal—and burn calories—if you help find activities he or she enjoys. Sure, that might be team sports. But biking, walking the family dog, or playing ball with you could also be good matches.

3 Call in the experts.

Ask your child’s doctor how to help your child drop pounds, especially if your support alone isn’t enough.

4 Make it a family affair.

Make eating well and moving more a family priority. Everybody—no matter what he or she weighs—benefits from regular exercise and nutritious food.

5 Make breakfast a priority.

This morning meal is a must. Without it, your child may feel hungry and tired and may grab whatever is readily available to eat—including high-calorie foods—later in the day.

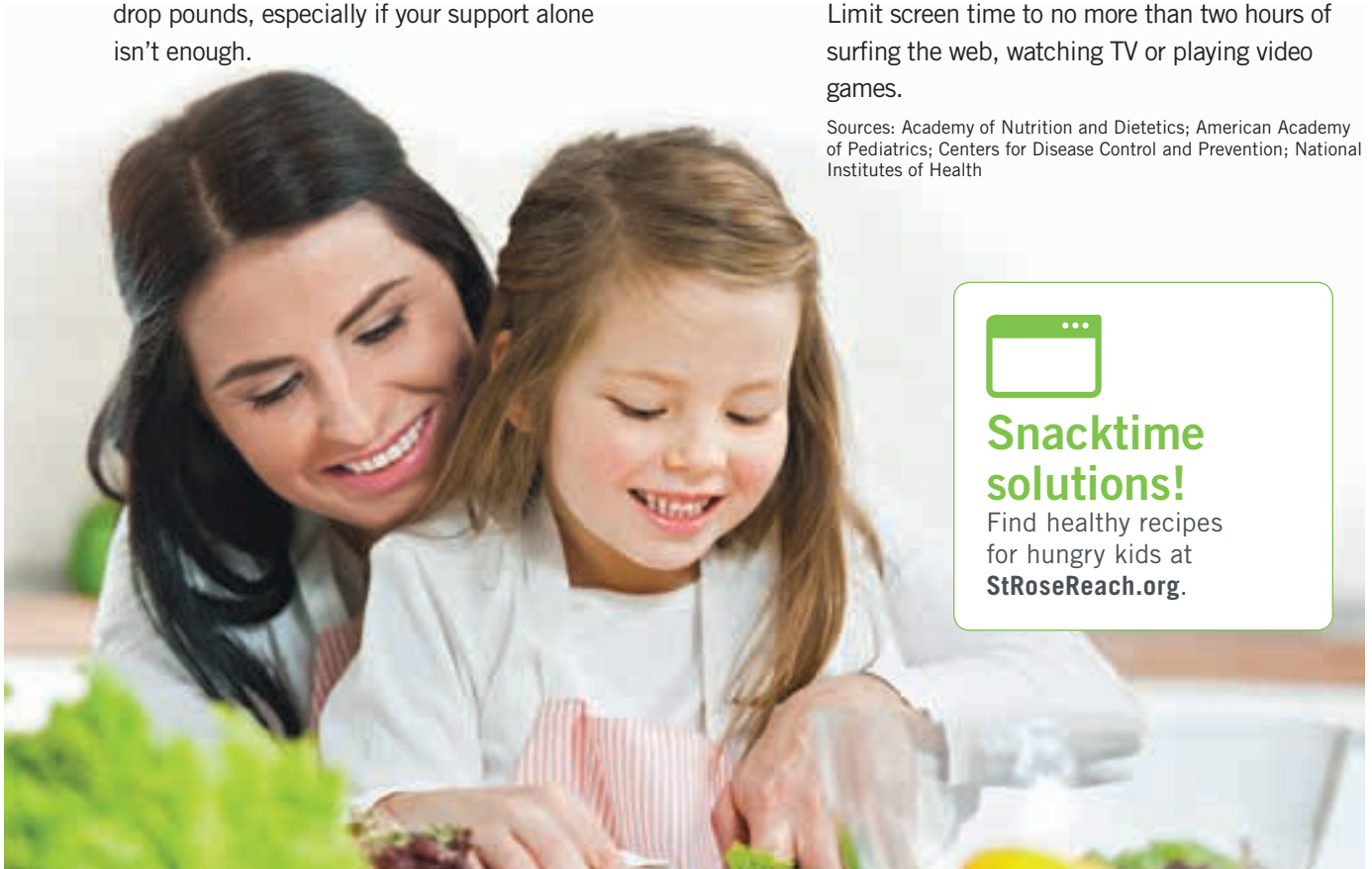
6 Serve healthy snacks.

Try air-popped popcorn or fresh fruit.

7 Limit technology time.

Limit screen time to no more than two hours of surfing the web, watching TV or playing video games.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics; Centers for Disease Control and Prevention; National Institutes of Health



Snacktime solutions!

Find healthy recipes for hungry kids at StRoseReach.org.



Sister Mary Kieffer, OP,

vice president of mission integration, joined the St. Rose Dominican family in 2013. “The commitment and passion I saw in the staff to furthering the healing mission of Jesus, especially for our brothers and sisters in the community who are underserved, drew me to St. Rose,” says Sr. Mary.

grounds reflecting and looking at the stained glass windows of the church. One of the Sisters approached and asked what she thought. “I told her that I felt as though I had come home,” says Sr. Mary.

In 2000, at the age of 47, Sr. Mary joined the Dominican Sisters of San Rafael. The Dominican Order, also known as the Order of Preachers, live their lives supported by four common values. They’re often referred to as the Four Pillars: community life, prayer, study, and ministry. “The congregation drew me to them because they are contemplative and apostolic, meaning they spend time in prayer yet they are also active in ministry,” she says.

As she looks back, Sr. Mary believes the people she met while working at her various jobs in San Francisco, many of whom lost their lives to AIDS, got her headed toward her spiritual vocation. “Visiting these friends in the hospital and assuring them of God’s love began paving my way.”

It’s never too late

She found the strength to follow a calling

Sister Mary Kieffer, OP,

has a calm, soothing manner that would lead you to believe that she has been a woman religious her entire adult life. But there’s much more to Sr. Mary’s story and life journey.

As a young adult, Sr. Mary worked as a bartender and bar manager at a variety of restaurants in San Francisco and New York City. Next, she spent nearly a decade working at the Marine Exchange of the San Francisco Bay Region. There, she and her staff managed a 24/7, 365-day information clearinghouse for vessel operations throughout nine port districts. “I loved the different jobs I’d held, but always felt there was a hole in my life,” she says.

Coming home

Religion had always been an important part of Sr. Mary’s life, so in her early 40s, she began researching different sister congregations on the Internet. “I truly felt I’d missed the boat,” she says, “because age limits ranged from the early 20s to around 40.”

While at church one day, she saw a flyer for the Sisters of San Rafael’s Come & See Day. She considered attending, but it wasn’t until a Sister handed her the same flyer a few days later that she decided to go. “I thought, ‘Just go, find out you’re too old, then get on with your life,’” she says.

She did attend. And toward the end of the day, she sat on the



Learn how the Dominican Sisters’ values align with the mission, vision, and values of St. Rose Dominican at StRoseHospitals.org/mission.

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and tools to help
you stay strong
and live well.



U

How to create a healthy, hearty salad

Want to supercharge your salad? Here are some suggestions for turning a dish that's sometimes lackluster into an enticing, healthy, and satisfying meal.

Start with the greens. Experiment with dark, leafy lettuce varieties like arugula, escarole, romaine, and spinach. For a little zing, sprinkle in some fresh herbs like thyme, mint, or oregano.

Add a variety of veggies. Think cucumber, broccoli, beets, bell peppers, cauliflower, tomatoes, carrots—whatever you like. Slice 'em, dice 'em, or mix 'em in whole. Aim for a cascade of colors.

Punch up the protein. It tastes great and helps you feel full. Think a sliced hard-boiled egg, a few strips of lean beef or skinless chicken, a sprinkling of shredded low- or nonfat cheese, a handful of almonds or other nuts, or a couple of spoons of beans.

Don't forget the fruit.

Mandarin oranges, apples, and grapes are great. So are blueberries, strawberries, or raspberries. Fresh is fine, but canned or frozen work well, too. And for a different taste, add dried fruits like cranberries or raisins.

Go for the grains.

Boost your salad's fiber content with whole grains like quinoa, bulgur, or barley. Or just toss in some leftover cooked pasta or wild rice.

Dress it up. Don't sabotage an otherwise healthy salad with a high-calorie, high-fat dressing. Instead, complement your creation with a simple blend of olive oil, balsamic vinegar, a little ground mustard, and a dash of pepper.

Sources: Academy of Nutrition and Dietetics; American Heart Association; American Institute for Cancer Research

