

# 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

**BOOST  
YOUR  
BRAIN  
POWER**

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 strong women who are living with breast and ovarian cancers. 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.

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## 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](http://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](http://StRoseReach.org).



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

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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**

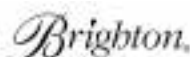
Lake Las Vegas, 8 a.m. to 5 p.m.

Visit [roseregatta.org](http://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 enroll in classes. 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

Lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Learn how in this program provided by the Centers for Disease Control and Prevention. Call **702.616.4914** to register.

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

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

### Lab Screenings for Diabetes

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

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

**GV** 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**

### 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

### Stanford Plus

Are you a Medicare beneficiary? This 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. Available in English and Spanish. Call **702.616.4914**.

### 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

### Blood Pressure Screenings

Thursday, Sept. 17, 7 to 10 a.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

### 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

## LOCATION KEY

(See full key and map on page 8.)



## Red Hot Mamas

### Menopause and Hormone Therapy

Learn the facts and untangle the controversy around hormone therapy to understand your options with Kord Strebler, MD, OB-GYN. Followed by Belly Dancing with Goldie.

Thursday, Aug. 27,  
6 to 8 p.m.

**GV**

### Gluten Sensitivity at Menopause

Learn the causes and symptoms of celiac disease and how to manage it, and discuss immunity changes that occur with aging. Interactive demo on eating gluten-free.

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

**GV** FREE

Register by calling  
**702.616.4900**.

### 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)

More events

# For your HEALTH

## SUMMER 2015 CALENDAR OF CLASSES AND EVENTS

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

 Continued from previous page

### 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



### 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

### Nevada Tobacco Quitline

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



### Cancer Screenings and Survivorship

#### Skin Cancer Screenings

Get a suspicious mole or spot checked.

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

**GV** FREE, appointment required

### Cancer Thriving and Surviving

Are you a patient in treatment or a cancer survivor? This six-week program can help you set personal goals and develop the skills you need to regain control of your life. Call **702.616.4914** to register.

### FIT Colon Test

Age 50 or over? Take home a colorectal cancer FIT (fecal immunochemical test) screening kit, return your sample to a WomensCare



### Regatta

#### Pink Paddlers Breast Cancer Survivor Team Practices

Any survivor can join this team! Call **702.497.3385**.

First and third Mondays, 6:30 to 7:30 p.m.  
Lake Las Vegas: FREE for survivors

#### Dragon Boat Paddling

Paddle for fun and fitness. Open to experienced and beginning paddlers. Visit **meetup.com/LVDragonBoatClub**.

Lake Las Vegas: \$10 per person or \$200 per team

#### Rose Regatta Team Registration

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, Oct. 10, 8 a.m. to 5 p.m.

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**.

### Prosthesis and Bra Fittings

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

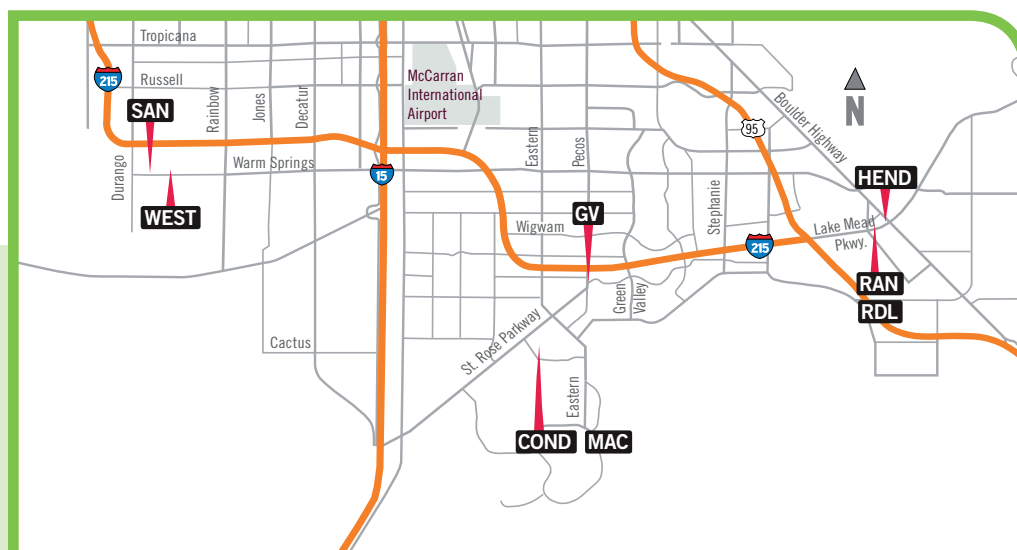


### Screenings

Call **702.616.4900** for appointments.

### Metabolic Testing

Thursday, Aug. 13, 8 to 10 a.m.  
**GV** \$45: Call **702.616.4975** for an appointment.



## 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](http://StRoseReach.org) for more.

### Health Screenings

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, A1C \$10, thyroid panel \$10. A 12-hour fast is required.

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

**GV** Appointment needed

### Peripheral Arterial Disease

Do you have signs or symptoms of PAD? Get screened.

Thursday, Sept. 10, 8 a.m. to noon

**GV** FREE, appointment needed

### Do You See What I See?

Get a free eye screening, prescription check, and education on eye ailments.

Wednesday, Sept. 16, 10 a.m. to noon

**GV** FREE, appointment needed



### Nutrition

#### 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

### Stepping On: Fall Prevention Program

Did you realize that 1 out of 3 people age 65 and older fall each year? Learn how to prevent serious injuries like hip fractures in this seven-week class.

Wednesdays, Aug. 5 to Sept. 16, 2:30 to 4:30 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

### Weight Management Club

Monthly weight management group.

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 With a Registered Dietitian

Follow a registered dietitian through the virtual grocery aisles.

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

**GV** FREE

### Dinner With a Doc

Do you live with pain in one or both hands? Come learn about the most common hand ailments and what you can do about them with Kenny Hanna, Jr., MD, licensed hand surgeon.

Wednesday, Sept. 30, 6 to 7 p.m.

**SAN** FREE, seating limited



### 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**.



### Fitness

#### Zumba GOLD

Low-impact dance for the young at heart.

Wednesdays, 9 to 10 a.m.

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

### Walking Clubs

For all ages and fitness levels. Call **702.616.4902** for seasonal meeting 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 5 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

More events



### 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

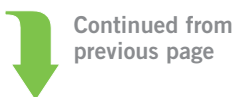
**WEST** WomensCare/Outreach Center, Las Vegas  
7220 S. Cimarron Road, Suite 195

# For your HEALTH



## SUMMER 2015 CALENDAR OF CLASSES AND EVENTS

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



Continued from  
previous page

### 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

### Chair Exercise

Cleansing, breathing, stretching, strengthening, and fun balance movements.

Mondays, 9 to 10 a.m.

**GV** FREE

Tuesdays, 10 to 11 a.m.

**WEST** FREE

Fridays, 10 to 11 a.m.

**HEND** FREE

### 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

### 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.

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

## 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!

Call **702.616.4914** for dates and times.

**GV** FREE

- 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

## Energy Healing Circle

Reduce stress and heal with chakra balancing.

First Tuesdays, 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

## AARP Smart Driver Program

Reduces car insurance rates.

Mondays, Aug. 10, Sept. 14, 9 a.m. to 1 p.m.

Fridays, Aug. 28, Sept. 25, 1 to 5 p.m.

**GV** \$15 members, \$20 nonmembers (check only)

Tuesdays, Aug. 25, Sept. 22, 9 a.m. to 1 p.m.

**HEND** \$15 members, \$20 nonmembers (check only)

## 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



## Wellness

### Better Breathers

Join the St. Rose Respiratory Therapy Department to get support!

First Thursdays, 1 to 2 p.m.

**GV** FREE

LOCATION KEY (See full key and map on page 8.)



### Communication Through Sign Language

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

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

**GV** FREE

### 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

### Tea & Talk Book Club

Call **702.616.4900** for monthly book titles.

Third Thursdays, Aug. 20, Sept. 17, 2:30 to 3:30 p.m.

**GV** FREE

### Medicare ABCDs

Maximize benefits for you and your family.

Tuesdays, Aug. 11, Sept. 8, 9 to 10 a.m.

**GV** 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

### Nevada Health Link Enrollment

Call **702.616.4904**. Uninsured?

Meet our exchange enrollment facilitator to learn about your options.



### Self Hypnosis for Change

Harness the power of your mind through hypnosis. 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)

### Senior Peer Counseling

Over 50? Need a trained peer counselor to listen? Call **702.616.4902** for appointment.

**GV WEST RDL SAN**

### 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!

Second and fourth Thursdays, Aug. 13 and 27, Sept. 10 and 24, 10 a.m. to noon

**GV** FREE

Second and fourth Thursdays, Aug. 13 and 27, Sept. 10 and 24, 12:30 to 2:30 p.m.

**WEST** FREE

But wait, there's more!

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



# MIND GAMES

Give this brain health puzzle a try. You'll have fun testing your know-how—and you may pick up a few tips, too!



### Answers:

Across: 2. Puzzles 3. Friends  
Down: 1. Treatments 5. Sleep 6. Fruits  
4. Neurologist 7. Exercise 9. Alzheimer's  
8. Memory

### ACROSS

- Exercise isn't just for your body. To help keep your brain active, read, play games, do \_\_\_\_\_ (like crosswords!), and try new hobbies.
- Staying social can help keep your brain sharp. Make time for \_\_\_\_\_ and family—it's good for you!
- A \_\_\_\_\_ is a type of doctor who specializes in treating the brain and spine.
- Move your body to protect your brain. Regular \_\_\_\_\_ has been shown to increase brain function and improve mental health.

- Though it's the most common, \_\_\_\_\_ disease isn't the only type of dementia.

### DOWN

- Different types of dementia call for different \_\_\_\_\_, so it's important to get an accurate diagnosis.
- Getting enough \_\_\_\_\_ every night can help keep your brain healthy.
- Eat a diet with plenty of \_\_\_\_\_ and veggies, whole grains, fish, and nuts.
- Loss of \_\_\_\_\_ doesn't always signal dementia. It can have other causes, too.

# 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 women age 65 and older have this test.”

Younger women may also benefit from the screening



Don't let yourself be sidelined. Exercise helps you maintain bone mass. Learn more about fitness classes offered at the WomensCare Centers at [StRoseReach.org](http://StRoseReach.org).



## Head to toe

We've got your back with many options for orthopedic treatment. See [StRoseHospitals.org/ortho](http://StRoseHospitals.org/ortho) for details.

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 one of these classes or visit [StRoseReach.org](http://StRoseReach.org) for more options.

### Ageless Woman Workout: Osteoporosis Exercise

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

Tuesdays and Thursdays, 9 to 10 a.m.

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

### 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.



# They had her back

Caring support means the world to one of our own

## For more than a decade,

Marcie Mynatt, RN, has dedicated herself to caring for patients and being there for her fellow employees at St. Rose Dominican. In July

2011, Marcie learned she had Stage IIIC ovarian cancer.

Suddenly, she found herself the patient—and when she needed it most, she also found incredible support.

## Listening to her body

Severe bloating and pelvic pain had troubled Marcie for months. “I knew something was not right,” she says. “It wasn’t until I had a CT scan at St. Rose Dominican’s Rose de Lima Campus that the cancer was found.”

Unfortunately, this is often the case with ovarian cancer. It can occur and grow silently. And early signs may be dismissed as not serious. But when it is cancer, it’s one of the most dangerous types. According to the American Cancer Society, ovarian cancer accounts for only about 3 percent of cancers among women. But it causes more deaths than any other cancer of the female reproductive system.

After she was diagnosed, Marcie’s treatment began immediately. She had a complete hysterectomy. Lymph nodes in her pelvis and abdomen were removed along with a section of her colon.

“For those whose cancer has spread widely throughout the abdomen as Marcie’s had, it is important that as much of the tumor is removed as possible,” says



Ovarian cancer symptoms can seem like

everyday problems. What should you be watching for? Find out at [StRoseReach.org](http://StRoseReach.org).

Anthony Nguyen, MD, oncologist. “The goal is to leave no tumors larger than 1 centimeter.”

## Strengthened by humankindness

“Those who have or have had any type of cancer know that it takes strength and a will to fight,” says Marcie. “But it also takes support, and I honestly couldn’t have made it this far without my family and friends as well as the assistance I received from St. Rose Dominican and its employees. I am so thankful for their amazing generosity.”

Marcie’s co-workers donated PTO (paid time off), prepared meals for her family, and covered for her when treatments left her exhausted. “I was able to focus on recovering without worrying about work,” she says.

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If you have concerns about your gynecologic health and need a doctor, please call **702.616.4900** for a referral.



**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](http://StRoseHospitals.org/mission).

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you stay strong  
and live well.



0

# 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

