

Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

FALL 2015 ISSUE

LIVING IN GRATITUDE

Stories of true grit—and
seeing the positives in life

FLAMES & FORTITUDE

Meet the
unstoppable
Greg Sutter

*Hello,
pumpkin!*

The pie's not the limit

Growing together

At Dignity Health—St. Rose Dominican, we believe a community that grows together, heals together. That’s why we’re thrilled to announce that the first floor of the new Dominican Tower at our Siena Campus is now open, with the remaining floors opening later this year.

The opening furthers our mission and tradition: giving compassionate care to those who need it. We are especially proud of our new emergency room (ER), as it has more than doubled in size. It even has a kid-friendly children’s ER, to help little ones feel more at ease.

We have so much to be grateful for—and in this issue of *Reach*, we celebrate “Living in Gratitude.” We share the story of an amazing local man who overcame a life-threatening condition and now helps empower others. You’ll meet another one of our wonderful Sisters. And you’ll find tips, classes, and support groups that can help you stay healthy in body, mind, and spirit.

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.

Holly Lyman
WomensCare Center
Director

Kimber Haley
Marketing/Communications,
REACH Editor

2015 © Coffey Communications, Inc. All rights reserved. CMM31544

INSIDE & ONLINE

Reach magazine



4 BOUNDLESS OPTIMISM

Greg Sutter faced a dangerous heart defect and amputations with courage and faith.



6 HEAD OFF HEAD INJURIES

Could it be a concussion? Find out how to help safeguard your child’s health.



12 A SMILE A DAY: KEEP DOC AWAY?

Try these three ways to connect mind and body.



15 HER HANDS, GOD’S WORK

Meet our 72-year-old Sister—on the maintenance crew.

Reach online StRoseReach.org

Make any night a fiesta!

CHILI AND LIME CHICKEN POTATO TACOS

Potatoes in a taco? You read it right. These fast and fabulous chicken tacos feature Yukon Gold or red potatoes you can precook in the microwave. Find the recipe at StRoseReach.org.



From belly dancing to Zumba! Browse all our fitness and health and wellness classes at StRoseReach.org.

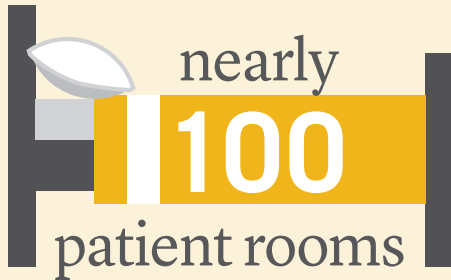
EVEN MORE WAYS TO CONNECT

StRoseHospitals.org

OUR NEW SIENA CAMPUS DOMINICAN TOWER

By the numbers

Here's a look at what's inside our new, five-story tower:



24 MORE
intensive care unit rooms

56 treatment rooms in the emergency and children's emergency rooms (**more than double the size—previously 24**)

6 NEW OPERATING ROOMS, for a total of 16



17 NEW nurses' stations

1 Cardiac Center with its own patient registration area

2

new rehab gyms for orthopedic patients



More than **500** parking spaces



IN A 4-STORY PARKING GARAGE



Take a peek for yourself!

Visit StRoseReach.org. You'll find a short video that offers you an insider view of this special home to health care, healing, and humankindness.



Why I give

"I believe in the mission and vision of St. Rose and how we treat our family—our patients, employees, and community.

I donate to St. Rose so others in the community can receive lifesaving quality care for years to come."

—Dev Ramsamy, San Martín Campus employee

partnership
FOR COMPASSIONATE CARE

Siena Campus Patient Tower Campaign

Change jobs. Change lives.

Join the humankindness movement at St. Rose Dominican! Our recent growth has created exciting career opportunities for experienced registered nurses in the following areas:

- Emergency services
- Critical care
- Intermediate care

Apply online at
DignityHealthCareers.org.

Up

for any challenge



Greg Sutter is an adventurous guy. But this last year brought him incredible risks and challenges that he never saw coming. Beginning in September 2014, he faced a string of serious health problems that would endanger his life—and ultimately cost him his legs and two fingers.

“I was in relatively good health for a 51-year-old guy,” says Greg, who works as a FedEx driver. In fact, he had just returned from a nine-day solo ride on his Harley to Glacier National Park when his health took its first dramatic turn for the worse.

After having symptoms he thought might indicate heart trouble, Greg went to his primary care physician. Test results showed that the protein levels that control heart contractions were sky-high. His doctor immediately sent him to the emergency room.

“I had six people surrounding me within three minutes of arriving at the Rose de Lima Campus emergency room,” says Greg. “But all of the tests kept coming back normal.”



Reach out to Greg

Visit StRoseReach.org to send Greg a message, see pictures of him with his Harley and his hawk, or ask him a question about his journey back to health.

A burning desire to thrive:

Greg Sutter says his customized prosthetics reflect his fiery personality. “They spur some interesting conversations everywhere I go,” he says.

LIVING LIFE TO ITS FULLEST

Then, a more advanced test, a 3-D arterial CT scan, revealed that Greg had a dangerous congenital heart defect. His right coronary artery had grown between his pulmonary artery and aorta. This type of heart problem can lead to sudden cardiac arrest. Some athletes who die suddenly during games or practices have this undetected defect.

Fortunately, Greg had a treatment option and skilled surgeon to count on. Robert Wiencek, MD, with St. Rose|Stanford Clinics—who Greg calls his “cardiothoracic surgeon extraordinaire”—performed coronary bypass surgery. It was a success, and Greg was up and walking less than 24 hours later.

A life-changing complication

Just five days later, Greg’s health suddenly changed again. A life-threatening blood condition caused his hands and feet to become engorged with clotting blood. His condition worsened so rapidly that doctors put him into an induced coma and on a ventilator. To keep Greg alive, doctors had to draw blood from his extremities and replace it with fresh blood and blood thinners.

For more than three weeks, Greg was in the San Martín Campus’s intensive care unit. From there, he was transferred to the Rehabilitation Institute of Henderson at the Rose de Lima Campus to rebuild his strength.

But Greg still faced a tough decision. The damage to his limbs was irreversible. He would not make a complete recovery. In fact, by the time he was discharged, he had gangrene in two of his fingers and both of his feet because the tissue was dead.

Together with his doctors, Greg decided amputation—below the knee on both legs and removal of both fingers—was the best course of action.

Here’s a little more about the unstoppable Greg Sutter:



He was born and raised in Milwaukee, Wisconsin.



He’s a former firefighter.



He’s a licensed falconer.



He has visited nearly every National Park in the western United States. Since moving to Las Vegas, he’s accumulated 85,000 miles on his 2000 Harley Davidson Springer Softail. Greg achieved his goal of being back on his bike with the wind in his face on August 21, 2015.

The steep, courageous climb ahead

Greg’s surgeries took place at Rose de Lima. To get ready to go home in a wheelchair, he spent 21 days back in the Rehabilitation Institute. He healed at home for 11 weeks, and then he was readmitted to the Institute for the third time for what he jokingly refers to as “prosthetic boot camp.”

“The rehab team custom-fit a therapy program specifically for me,” Greg says. “Knowing I’m a FedEx driver, they had me climbing 8-foot ladders and doing stairs from the first to the fourth floor and back, nonstop.”

Greg says his favorite part of the program was what is now called the “Sutter Hill Challenge.” He challenged his physical therapists to climb the steep hill with him... and they accepted.

Lifting up others

Throughout his treatment, Greg has stayed positive. He feels his journey unfolded because God was preparing him.

“I was at peace until the morning of my amputations,” he says. “I lay in bed very anxious and began to pray, and I was overcome with a calm, peaceful message that everything would be OK. I haven’t had an anxious moment since.”

“Greg has an attitude of empowerment that is contagious,” says Tony Chin, MD, a psychiatrist and the medical director of the Rehabilitation Institute. “He was encouraging and inspiring to both patients and staff.”

Nurses and therapists would even seek Greg out for daily doses of his cheerfulness, Dr. Chin says. “God’s light seems to shine through him.”

To find a St. Rose doctor, call 702.616.4900.

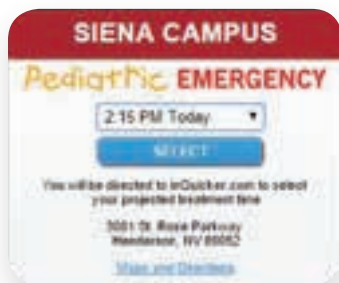
Emergency care— fit for a kid

When it comes to medical care, kids have unique needs. The doctors and nurses at the children's emergency room (ER) at the Siena Campus know that. In fact, they specialize in it.

Did you know you can wait at home?

The ER was designed with kids' comfort in mind. You can even skip the waiting room and wait at home. Just visit StRoseHospitals.org and click on the orange "InQuicker" tab at the center of the home page. Find the "Online ER Waiting Service" box, then select a treatment time in the **Siena Campus Pediatric Emergency box**.

We understand that when your child isn't feeling well, waiting at home can be the best option.



More quick tips



Bring your child's medical information.

That includes vaccine records, a list of any conditions or allergies, and any medications he or she takes.



Pack a bag for your child. Include things like pajamas, a stuffed animal, and a favorite book.

To find a St. Rose doctor, call 702.616.4900.



CONCUSSIONS AND KIDS

Take this heads up

If your child gets a bump or blow to the head, it's important to keep an eye out for signs of a concussion—even if everything seems fine at first.

Symptoms may show up right after the injury or they may take days or weeks to appear.

If your child has any of these warning signs, seek medical help right away:

- Prolonged headache.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Ringing ears.
- Sensitivity to light or noise.
- Concentration or memory problems.
- Loss of smell or taste.

Back in the game

Be sure to follow the doctor's advice on how long your child should wait before returning to sports or other activities after a concussion.

Letting a child play too soon could put him or her at risk for a more serious injury. A second concussion occurring before the first is completely healed can cause permanent damage to the brain and can even be deadly, reports the American Association of Neurological Surgeons.

Additional source: American Academy of Pediatrics

Test your brainpower. Take our fun, informative Brain Quiz or test a friend. Give it a try at StRoseReach.org.

For your HEALTH



FALL 2015 CALENDAR OF CLASSES AND EVENTS

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



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

Weight-Loss Surgery Seminars

Have you been struggling with your weight? Find your way to better health by attending this free seminar led by Thomas Umbach, MD, bariatric surgeon. Learn more and register by calling **702.616.4900**.

Mondays, Oct. 12, 26, Nov. 9, Dec. 14, 6 to 7:30 p.m.

MAC FREE

Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

Tuesdays and Thursdays, 10 to 11 a.m.

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

Mondays and Wednesdays, 9 to 10 a.m.

Fridays, 10:20 to 11:20 a.m.

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

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 solid 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

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

Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

Thursdays, 3 to 4 p.m.

WEST FREE

Belly Dancing

Saturdays, Oct. 10, Nov. 14, Dec. 12, 10:30 a.m. to noon

WEST FREE



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

Monthly weight management group with registered dietitians.

Wednesdays, Oct. 7, Nov. 4, Dec. 2, 5 to 6 p.m.

GV FREE

Living Gluten Free

Find out if a gluten-free diet is right for you.

Wednesday, Oct. 21, 10 to 11:30 a.m.

GV FREE

Superfoods for Your Health

Introduce yourself to foods that can have health-promoting properties.

Thursday, Oct. 29, 1 to 2:30 p.m.

GV FREE

Introduction to Ancient Grains

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

Thursday, Nov. 12, 1 to 2:30 p.m.

GV FREE

Grocery Shopping Tour

Follow a registered dietitian through the virtual grocery aisles.

Thursday, Nov. 19, 9:30 to 11 a.m.

GV FREE

Eating on the Run

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

Thursday, Dec. 3, 11 a.m. to 12:30 p.m.

GV FREE

Lose Weight With Hypnosis

Wear comfortable clothes and bring your pillow.

Thursday, Oct. 29, 6 to 8 p.m.

GV \$25 (includes CD)

Tuesday, Nov. 17, 6 to 8 p.m.

WEST \$25 (includes CD)

LOCATION KEY

(See full key and map on page 8.)

More

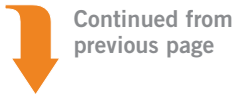
For your HEALTH



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

FALL 2015 CALENDAR OF CLASSES AND EVENTS

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



Nutrition Consultations

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



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!

Tuesdays, Oct. 13 to Nov. 17, 12:30 to 3 p.m.

HEND FREE

Art Therapy

Express your appreciation for the abundance in your life by creating a gratitude tree.

Wednesday, Nov. 18, 6 to 9 p.m.

GV FREE

Energy Healing Circle

Reduce stress and heal with chakra balancing.

First Tuesdays, Oct. 6, Nov. 3, Dec. 1, 7 to 8 p.m.

WEST FREE

Labyrinth Walk

Join us for a relaxing journey navigating the labyrinth.

Friday, Nov. 13, 2 to 3 p.m.

GV FREE

Balancing Energy Fields

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

Second Tuesdays, Oct. 13, Nov. 10, Dec. 8, 6 to 8 p.m.

WEST \$5

Relaxation Meditations

Promotes peace and health.

Tuesdays, Oct. 6, Nov. 3, Dec. 1, 5:45 to 6:45 p.m.

WEST FREE

Tuesdays, Oct. 13, Nov. 10, Dec. 8, 5:30 to 6:30 p.m.

GV FREE

Tuesdays, Oct. 20, Nov. 17, Dec. 15, 5:15 to 6:15 p.m.

HEND FREE

DiaBEATes Day!

Celebrate Diabetes Awareness Month with:

- Healthy cooking demos
- Happy Feet screenings
- Eye screenings
- Lab screenings: Hb A1C (\$10), glucose (\$5), cholesterol (\$5)
- Blood pressure and BMI checks

- Medication checks
- Flu shots
- Diabetes education and resources
- Door prizes

Saturday, Nov. 7, 8 a.m. to noon

GV FREE; reserve your spot and schedule your lab appointment by calling **702.616.4900**.

Safe Sitter

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

Monday, Nov. 2, 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, Nov. 12, 6 to 7 p.m.

GV FREE



Diabetes Management

What Is Prediabetes?

Learn how to avoid or delay diabetes.

Friday, Oct. 16, 1 to 3 p.m.

Tuesday, Nov. 17, 10 a.m. to noon

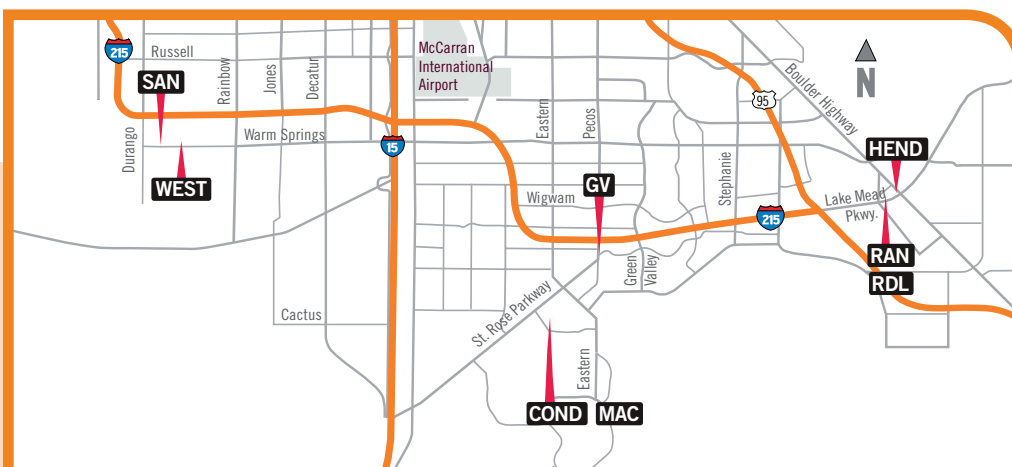
Monday, Dec. 14, 3 to 5 p.m.

GV 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** for class dates and times.

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



LOCATION KEY

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



Join nearly 70 teams from around the country. Enjoy dragon boat races, entertainment, Dragonland for kids, Painted Paddles Gallery, Dotting of the Eye Ceremony, and Flowers on the Water Memorial. Visit roseregatta.org.
Saturday, Oct. 10, 8 a.m. to 5 p.m.
Lake Las Vegas

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the R.E.D. Rose Program at **702.492.8557** if you are under age 49. Funded by Susan G. Komen for the Cure.



Screenings

Call **702.616.4900** for screening appointments.

Metabolic Testing

Tuesday, Oct. 13, 8 to 10 a.m.
Thursday, Nov. 12, 8 to 10 a.m.
GV \$45; call **702.616.4975** for an appointment.



Support Groups

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

- AA Coed
- AA for Women
- ALS Support
- Alzheimer's Support Group
- Bereavement Support Group
- Better Breathers
- 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
- Spinal Cord Injury Support

Diabetes Awareness, Treatment, and 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: Tuesdays and Wednesdays, Oct. 13 and 14, Nov. 10 and 11, Dec. 8 and 9, 9 a.m. to 1:30 p.m.

Tuesdays and Wednesdays, Oct. 27 and 28, Dec. 15 and 16, 5 to 9:30 p.m.

GV

Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with our certified diabetes educators. For an appointment, call **702.616.4975**.

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. Complements your current medical treatment.

Thursdays, Oct. 8 to Nov. 12; 12:30 to 3 p.m.

HEND FREE



Heart and Stroke Programs

Heartsaver CPR/AED

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

Wednesdays, Oct. 21, Nov. 18, or Dec. 16, 5 to 9 p.m.

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

Heart Healthy Cooking

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

Friday, Dec. 4, 10 to 11:30 a.m.

GV FREE



Smoke-Free

Freedom From Smoking

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

Mondays, Oct. 5 to Nov. 9, and Wednesday, Oct. 28, 3 to 5 p.m.

HEND FREE

Tuesdays, Nov. 3 to Dec. 15 and Thursday, Dec. 3, 5:30 to 7 p.m.

GV FREE

Stop Smoking With Hypnosis

Wear comfortable clothes, and bring your pillow.

Monday, Oct. 26, 6 to 8 p.m.

GV \$25 (includes CD)

Wednesday, Nov. 11, 6 to 8 p.m.

WEST \$25 (includes CD)

Nevada Tobacco Quitline

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



Cancer Screenings and Survivorship

Cancer Thriving and Surviving

Are you a patient in treatment or a cancer survivor? This six-week program enhances regular treatment. Call **702.616.4914** to register.

Skin Cancer Screenings

Get a suspicious mole or spot checked.

Thursday, Nov. 5, 2 to 4 p.m.

GV FREE; appointment required

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

HEND 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



FALL 2015 CALENDAR OF CLASSES AND EVENTS

Continued from previous page

- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline, **800.273.8255**
- Surviving Suicide, Bereavement Support for Adults
- Widows Support



Prenatal Classes

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

Baby Basics
GV \$30

Boot Camp for New Dads
GV \$20

Breastfeeding
GV WEST \$30

Childbirth Express
GV \$35

Gestational Diabetes Consultations
702.616.4975

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)**.



Pregnancy and Childbirth

Call **702.616.4900** or visit **StRoseHospitals.org/classes** 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

Car Seat Safety Checks

Call **702.616.4902** for an appointment. Tuesdays, Oct. 6, Nov. 3, Dec. 1, 1 to 3 p.m. **WEST** \$10
Fridays, Oct. 9, Nov. 13, Dec. 11, 3 to 5 p.m. **GV** \$10
Fridays, Oct. 16, Nov. 20, Dec. 18, 3 to 5 p.m. **HEND** \$10

FREE Maternity Tours

San Martín Campus: Third Saturday mornings and every Tuesday evening
Siena Campus: Third Saturday afternoons and fourth Monday evenings

Sweet Peas NICU Support Group

Parent educational support. Wednesdays, 1 to 2 p.m. **MAC** FREE

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 Mondays, 5 to 6 p.m. **WEST** \$3 per class or 10 sessions for \$20



Breastfeeding

Breastfeeding Helpline and Consultations

Call **702.616.4908** for help or a private appointment with a certified lactation counselor.

Breast Pump Rentals

Rent the Medela Symphony, a

hospital-grade double-electric pump.

GV WEST

Baby Weigh Stations

Free weight checks. No appointment necessary. **GV WEST HEND**

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. Thursday, Oct. 22, 10 to 11 a.m. **HEND** FREE



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. Thursdays, Oct. 15, Nov. 19, Dec. 17, 11:30 a.m. to noon **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

LOCATION KEY

(See full key and map on page 8.)

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

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

Family to Family Grand Opening!

Celebrate our new center with your little ones. Face painting, goodie bags, activities, and crafts!

Wednesday, Nov. 18, 10 a.m. to 1 p.m.
HEND FREE

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

Wednesdays, 9:15 to 9:45 a.m.
HEND 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

Uninsured? Join us for a Nevada Health Link workshop or make an appointment with our exchange enrollment facilitator. Call **702.616.4904**.

Friday, Nov. 13, 3 to 4 p.m.

WEST FREE

Monday, Nov. 16, 4 to 5 p.m.

HEND FREE

Wednesday, Nov. 18, 6 to 7 p.m.

GV FREE



Toddler Play Group

Toddlers ages 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

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, Oct. 1 and 15, Nov. 5 and 19, Dec. 3 and 17, 1 to 1:30 p.m.

WEST FREE

Tuesdays, Oct. 20, Nov. 17, Dec. 15, 11 to 11:30 a.m.

HEND FREE

Wee Can Sign: Baby Sign Language Level I

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

Fridays, Nov. 13, 20, Dec. 4, 11, 11:15 a.m. to 12:15 p.m.

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

Thursdays, Oct. 8, 15, 22, 29, 11 a.m. to noon

Saturdays, Oct. 10, 17, 24, Nov. 7, and

Nov. 14, 21, Dec. 5, 12, 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**.

Fridays, Oct. 9, 16, 23, 30, 11:15 a.m. to noon

GV \$80 (includes Pick Me Up kit)

Thursdays, Nov. 12, 19, Dec. 3, 10, 11 to 11:45 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.

Friday, Oct. 9, Nov. 13, Dec. 11, 1 to 3 p.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, Oct. 8, 15, 22, 29, Nov. 5, 6 to 8 p.m.

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

Mondays, Nov. 2, 9, 16, 23, 30, 9 to 11 a.m.

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

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

Crawlers and Climbers

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

Fridays, Oct. 2 and 16, Nov. 6 and 20, Dec. 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.

Fridays, Oct. 9 and 23, Nov. 13, Dec. 11, 10 to 11 a.m.

HEND FREE

Teenie Halloweenie

Join us for food and fun at our annual Halloween event, just for the wee ones! Pumpkin Patch photos available for \$5, crafts, and FREE mini pumpkins!

Thursday, Oct. 29, 11:30 a.m. to 1:30 p.m.

GV Paseo Verde Park, FREE

Cookies with Santa

Mix and mingle while decorating cookies and a craft. Get a keepsake photo of your child with Santa.

Friday, Dec. 4, 5 to 7 p.m.

HEND FREE, Santa photos \$5

But wait, there's more!

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



MIND + BODY

Make the connection

Doctors have suspected for centuries that there is a powerful tie between mind and body, and modern medical studies prove them right.


Researchers now know that unhealthy levels of stress, depression, and anxiety can wreak havoc with your hormones, immune system, heart health, and blood pressure.

Back pain, chest pain, headaches, extreme fatigue, diarrhea, a stiff neck, or a racing heart are just a few of the physical

symptoms that can appear when you're struggling emotionally.

"Tending to your emotional health can improve your quality of life," says Susan Ritter, MD, licensed family medicine physician with Dignity Health Medical Group Nevada. "It also may help your body fight infections, recover from an illness, and prevent chronic disease."

What helps the mind-body balance grow strong? Thankfully, research has answered that question, too, and these suggestions top the list:

 **1. Getting a move on.** Exercise changes how the body responds to stress. It improves mood, too.

Embracing gratitude for HEALTH AND HAPPINESS

Talk about a positive perk: By cultivating a spirit of gratitude, you actually end up with more to be thankful for.

When you make an effort to see the good in life, it feels good. You'll likely notice that you are happier—more content and less stressed. You'll also enjoy some nice health benefits. Some studies show that practicing gratitude may help:

- Lower blood pressure.
- Boost immune response.
- Lower the risk for depression, anxiety, and substance abuse disorders.

4 ways to grow in gratitude

A grateful spirit may seem like it comes naturally to some people. But to nurture a habit of thankfulness, it helps to make a conscious choice, day by day. These practices can help you keep gratitude at the center of your day.

1. Savor your everyday life. Slow down and enjoy those things that bring you comfort and joy—but that can be easy to take for granted. A loved one's smile. A

crisp, cold apple. A bright blue sky. A warm cup of tea.

2. Write it down. What makes you smile? Note it in a daily gratitude journal. It can truly make a difference in where your focus lies. It's hard to get stuck in the negative when you are busy counting—and writing about—your blessings.

Studies show that people who use a gratitude journal are more optimistic and enjoy better overall health. They tend to be more alert, determined, enthusiastic, and energetic.

They also:

- Cope better with stressful life events.
- Bounce back from illness faster.
- Exercise more.
- Sleep longer and enjoy better sleep quality.

So, big or small, find those moments from your day—or

reflections on your life—to appreciate. Writing it down will help you focus on the positive. And any time you need a lift, you can turn back to your journal and read those memories.

3. Say thanks. Write a letter.

Deliver it in person if you can. Let others know how much you appreciate them—their kindness, generosity, friendship, time, etc. You'll reap the benefits of a grateful deed and bring that person joy of their own.

4. Do for others. Reaching out and assisting those in need often reminds us of the good in the world. Even better, make volunteering a family affair—and teach your children the power of giving and gratitude.

To find a St. Rose doctor, call **702.616.4900**.



Calling for *humankindness!*

Learn how you can volunteer at St. Rose: Visit StRoseReach.org.



2. Finding healthy ways to relax. Find what works for you—walks, music, art, prayer, woodworking, or reading, for example. “Daily relaxation is key,” says Dr. Ritter. “Taking just 10 minutes to ‘turn off your brain’ can dramatically combat the effects of chronic stress.”



3. Expressing yourself. Negative feelings and fears that are bottled up may flow out as aches, pains, and problems. A trusted friend, partner, or religious adviser may be able to help you focus on positives and work through challenges. Some people keep a gratitude journal or write down goals and accomplishments.

Professional counseling is advised if you are stuck or feeling overwhelmed.

Finally, remember these words of wisdom: Be honest with your doctor about the stresses and challenges you face. Ask for help if you think you're feeling depressed. Your doctor can suggest many ways to improve your health and wellness—both mental and physical.



Susan Ritter, MD Dr. Ritter has studied various mind-body approaches—including breath work, guided imagery, hypnosis, and movement therapies—with integrated medicine expert Andrew Weil, MD.



Parents: Take our school health quiz at StRoseReach.org.

Give your kids a good shot at protection



Shirley Rodriguez, DO
Family medicine physician at Dignity Health Medical Group Nevada

There's a lot of information out there about children and vaccines. But perhaps the most important thing you need to know is this: Vaccines save kids' lives.

Immunizations help protect kids against potentially debilitating and

deadly diseases, such as polio and measles. According to the American Academy of Pediatrics, vaccines have reduced the number of infections from these preventable illnesses by more than 90 percent.

"It's true that many of these diseases are rare—in part due to the effectiveness of immunization," says Shirley Rodriguez, DO, family medicine

physician at Dignity Health Medical Group Nevada. "But that doesn't mean that children don't need protection. The viruses and bacteria that cause these diseases still exist."

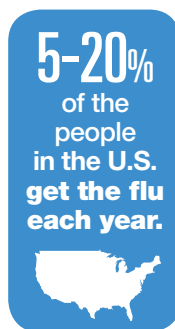
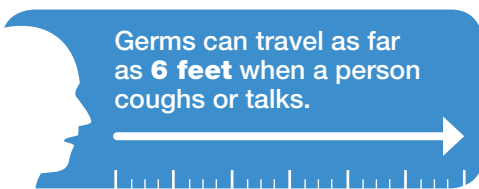
Also, some vaccine-preventable illnesses are still common outside of the U.S., so travelers could carry diseases with them. That's why it's important for kids to be up-to-date on their shots.

Are they safe?

Vaccines are both effective and safe. Side effects are usually mild and can include swelling, redness, and tenderness at the site of the injection. Kids may have a slight fever or fussiness for a little while after a shot.

Most children—even those with a minor illness, such as a cough or an ear infection—can be immunized safely. Kids who have a more serious illness may need to delay or avoid certain shots.

FLU FACTS: Don't let the flu get you down



To stay healthy: Wash your hands often. Avoid touching your face. And steer clear of people who are sick.

Have you gotten your flu shot? Visit immunizenevada.org or southernnevadahealthdistrict.org for information on clinics.

Source: Centers for Disease Control and Prevention

‘Life gets better with age’

Look for this Sister wherever work needs to be done

Sister Carol Elya, OP, will be the first to tell you: She’s just not cut out for a desk job.

That’s why you’ll often find her—at 72 years young—up a ladder painting ceilings or on her knees fixing baseboards. It’s all in a day’s work for her at Dignity Health–St. Rose Dominican’s Rose de Lima Campus.

Every morning, she arrives bright and early in painter’s white and a blue Dignity Health cap, ready to get started on whatever needs to be painted, patched, or repaired. She’s the only female member of the hospital’s seven-person maintenance crew. Sr. Carol has been part of that team since 2003.

Service through doing

For more than three decades, Sr. Carol wielded chalk and a whistle, not a paintbrush. She taught first through sixth grades from 1963–1970, then went back to school to get her master’s degree in physical education. Afterward, she taught grade school PE and coached junior high sports until 1990, when she began teaching world history and PE and coaching at the high school level at Catholic schools across the country. She spent three of those years on a Navajo reservation in Arizona, where many of her students lived in homes without electricity or running water. Sr. Carol sought the position, she says, out of a deep desire to learn about Native American

culture and serve children in need.

That desire to actively serve didn’t end when she left the school setting. It brought her to the Rose de Lima Campus. The hospital was founded in 1947 by the Adrian Dominican Sisters, the religious order Sr. Carol joined at age 18. She’s grateful to be part of a community dedicated to healing.

“It’s a wonderful opportunity to help people in a different way,” Sr. Carol says. “And I’m doing something that I love—working with my hands.”

A family’s good guidance

“I felt connected to God from an early age,” Sr. Carol says. And her maternal grandmother was certainly an influence. “She went to Mass almost every single day. And she had to walk a mile to do it,” Sr. Carol recalls.

As for helping others, her mother provided a powerful example. “My mother lived her life lending a hand to others every day,” she says. “She listened to people’s problems—and cared and responded. She had a generous heart.”

She sees that same generosity in each of her maintenance co-workers. “They’re skilled enough to work anywhere,” Sr. Carol says. “But they work

at this hospital because they know their labor benefits patients at a vulnerable time in their lives.”

And no, being the sole woman on the team doesn’t bother the self-taught carpenter a bit. “I grew up playing pickup basketball and flag football with the boys in my neighborhood,” she says. “I can hold my own.”

Besides, she says, “We treat one another like family. This is such a caring place.”



“It’s God’s blessing that I’m in good enough health to help keep the hospital running. I am 72, and life gets better with age.”
—Sister Carol Elya, OP

From your friends at
Dignity Health—St. Rose Dominican

St. Rose Dominican Hospitals
102 E. Lake Mead Drive
Henderson, NV 89015-5524

Nonprofit Org.
U.S. Postage
PAID
Merced, CA
Permit No. 1186



Yum!

Bake up some pumpkin-orange muffins—go to StRoseReach.org to find the recipe.

U



In praise of pumpkins

Round and orange they grin and glow, unmistakable signs of fall.

But pumpkins don't shine only as jack-o'-lanterns. These nutritious golden stars of the harvest season—packed with fiber, potassium, and vitamin A—have a long history of lighting up many a delish dish.

In times past, pumpkin was a Native American staple that was roasted over an open fire. And when colonists filled the plump orange gourds with milk, spices, and honey and baked them in hot ashes, it was the precursor of our classic Thanksgiving dessert.

The pie's not the limit

Today, pumpkin is in everything from summertime smoothies to specialty coffees that taste like autumn.

In fall and winter, try fresh pumpkin in:

- Chili.
- Enchiladas.
- Pasta dishes.
- Soups and stews.
- Stir-fries.

Be sure to pick a blemish-free pumpkin (labeled as *sweet* or *pie*) that's heavy and free of soft spots and has a 1- to 2-inch stem still attached. Peel it, cut it into cubes—and it's ready to cook.

Sound like too much work? Try plain, solid-packed canned pumpkin. It's as nutritious as fresh—and available year-round. The puree can add savory goodness to dips, breads, muffins, puddings, and smoothies.

So whether you classify pumpkin as a fruit (as botanists do) or a veggie, carving out space for it in your menu can boost flavor and nutrition all year. And that's something to grin about.

PUMPKIN PATCH

TRIVIA

Pumpkins are cucurbits—this family of vine plants also includes cucumbers and squash.

Pumpkin was once thought to remove freckles.

The largest pumpkin on record weighed **2,323** pounds.



Pumpkins grow on every continent but Antarctica.

No pumpkins here!



Sources: American Institute of Cancer Research; Guinness World Records; University of Illinois Extension