

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

Reach

FALL 2015 ISSUE

LIVING IN GRATITUDE

Stories
of true
grit—and
seeing the
positives
in life

CARING TIPS FOR CAREGIVERS

FLAMES & FORTITUDE

Meet the
unstoppable
Greg Sutter



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.

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Reach magazine



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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

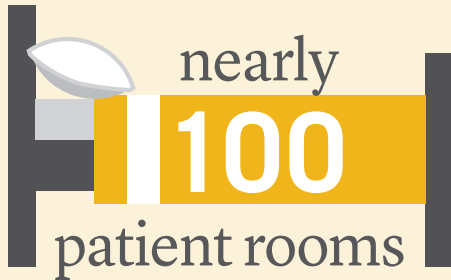
StRoseHospitals.org



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.



CAREGIVING

Make time for you

Caring for a loved one

who is ill or frail can be incredibly rewarding.

It can also be one of the toughest things you'll ever do in your life.

Preparing meals, giving medicines, arranging medical care, paying bills—tasks like these take a lot of time and energy.

So it's no wonder that caregivers often give short shrift to themselves—there's not much room on that daily must-do list for anything personal.

Sound familiar? If you find yourself nodding yes, then repeat this caregiving mantra: You can't do a good job of caring for someone else if you don't take care of yourself.

Show yourself some humankindness

Here are some suggestions on how to carve out some much-needed—and deserved—me time:

Accept and ask for help. Gladly say yes to offers of help so that you

can do something for yourself, whether that's seeing your own doctor or recharging with a walk. And don't hesitate to be specific about what might help you most. It's OK to say, for example, "Can you stay with Mom for two hours this Wednesday so I can see my dentist?"

Seek out community services.

These services—such as nursing care, adult day care, and home-delivered meals—can help lighten your load. To find out what's available, call the Nevada Aging and Disability Services at **702.486.3545** or visit www.adsd.nv.gov.

Make your own health a priority.

Caregivers are often so busy tending to others that they neglect their own health—which helps explain why they're more likely than other adults



Powerful tools for caregivers

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

Join us for a free 6-week workshop

Mondays, Oct. 19 to Nov. 23, 3 to 5:30 p.m.

WomensCare/Outreach Center

Green Valley

2651 Paseo Verde Parkway, Suite 180

Call **702.616.4900** for information or to register.

to develop serious health problems. So don't skip checkups, screening tests, or necessary medical care. Learn self-care tools at our Powerful Tools for Caregivers workshop (see above).

And do your very best to eat well, exercise regularly, and get enough shut-eye. Some days that may be easier than others. Do what you can—and remind yourself why it's important for you and your loved ones.

Sources: Family Caregiver Alliance; Office on Women's Health



"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

—Eleanor Brown

For your HEALTH

FALL 2015 CALENDAR OF CLASSES AND EVENTS

Call **702.616.4900** for information and to enroll in classes. Learn more at **StRoseReach.org**.



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 five sessions for \$20

Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga, and movements that target the woman's aging zones.
Tuesdays and Thursdays, 9 to 10 a.m.
GV \$5 per session or five sessions for \$20

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

LOCATION KEY

(See full key and map on page 8.)

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 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 (beyond the basics)

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

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

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

Chair Exercise

Practice simple movements while seated in your chair!
Mondays, 9 to 10 a.m.
GV FREE
Tuesdays, 10 to 11 a.m.
WEST FREE
Fridays, 10 to 11 a.m.
HEND FREE

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

Red Hot Mamas

Depression: The Menopausal Blues

Learn the relationship between menopause and depression and how it differs from the blues or blahs, and discuss causes and treatments. Clear your mind with a meditation session afterward.
Thursday, Oct. 22, 6 to 8 p.m.
GV FREE

Dry Eyes at Menopause: Aging and Eye Health

Learn the reasons behind dry eyes and how to prevent and relieve them.
Thursday, Nov. 19, 6 to 8 p.m.
GV FREE

Red Hot Mamas Holiday Party!

You are invited! Wear your sparkle and learn your healthy ways to enjoy holiday delights.
Thursday, Dec. 17, 6 to 8 p.m.
GV FREE

More



For your HEALTH

FALL 2015 CALENDAR OF CLASSES AND EVENTS

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



Continued from previous page



Nutrition

Weight Management Club

Monthly weight management group led by a registered dietitian.

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

Get to know 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 With a Registered Dietitian

Follow a registered dietitian through 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)

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



Nutrition Consultations

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



Wellness

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

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

AARP Smart Driver Program

Reduces car insurance rates. Mondays, Oct. 12, Nov. 9, Dec. 14, 9 a.m. to 1 p.m. Fridays, Oct. 23, Nov. 20, Dec. 18, 1 to 5 p.m.

GV \$15 members, \$20 nonmembers (check only) Tuesdays, Oct. 27, Nov. 24, 1 to 5 p.m.

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

Labyrinth Walk

Join us for a quiet, relaxing journey through the labyrinth. Friday, Nov. 13, 2 to 3 p.m.

GV FREE

Stepping On: Fall Prevention Program

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

Thursdays, Oct. 22 to Dec. 3, 3:30 to 5:30 p.m.

HEND FREE



LOCATION KEY

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



ROSE REGATTA A DRAGON BOAT FESTIVAL

Rose Regatta

Join nearly 70 teams from around the country. Enjoy dragon boat races, entertainment, Dragonland for kids, Painted Paddles Gallery, Doting 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

Medicare ABCDs

Decipher the Medicare maze and maximize your benefits. Tuesday, Dec. 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, 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

Communication Through Sign Language

Learn basic signs to increase communication in this three-week workshop for adults. Fridays, Oct. 16, 23, 30, 3:30 to 5 p.m. **WEST** FREE
Fridays, Nov. 6, 13, 20, 3:30 to 5 p.m. **GV** FREE

Tea and Talk Book Club

Call **702.616.4900** for monthly book titles. Third Thursdays, Oct. 15, Nov. 19, Dec. 17, 2:30 to 3:30 p.m. **GV** FREE

Senior Peer Counseling

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

Dinner With a Doc

Do you have back pain or joint disorders? Learn about the most common ailments and what you can do about them with Michael Trainor, DO, licensed orthopedic spine surgeon.

Monday, Nov. 23, 6 to 7 p.m. **SAN** FREE, seating limited



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!

Thursdays, Oct. 8 and 22, Nov. 12, Dec. 10, 10 a.m. to noon

GV FREE

Thursdays, Oct. 8 and 22, Nov. 12, Dec. 10, 12:30 to 2:30 p.m.

WEST FREE

Self-Hypnosis for Change

Harness the power of your mind through hypnosis. Wear comfortable clothes, and bring your pillow.

Thursday, Nov. 5, 6 to 8 p.m.

GV \$25 (includes CD)

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

WEST \$25 (includes CD)

Art Therapy

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

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

GV FREE

Help Helping Hands!

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



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

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



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

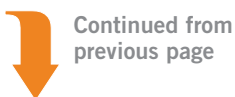
SAN San Martín Campus, Las Vegas
8280 W. Warm Springs Road

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

For your HEALTH

FALL 2015 CALENDAR OF CLASSES AND EVENTS

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



Continued from previous page

Lab Screenings for Diabetes

A 12-hour fast is required.
Saturday, Nov. 7, 8 a.m. to noon

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

Stanford Diabetes Self-Management Program

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

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

HEND FREE

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

Stanford Plus

Are you a Medicare beneficiary? This education program can help you manage your diabetes! A clinical champion will help you set goals. Available in English and Spanish. Call **702.616.4914**.

Diabetes Awareness, Treatment, and Education (DATE)

Individual visits available with an option for additional individual visits or group classes. Flexible scheduling. Call **702.616.4975** for information and to register. 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

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, Nov. 12, 6 to 7:30 p.m.

GV FREE

Tuesday, Dec. 8, 10 to 11:30 a.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 at **702.616.4900**.

Happy Feet Screenings

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

Saturday, Nov. 7, 8 a.m. to noon
GV FREE, appointment required

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)



Heart and Stroke Programs

Blood Pressure Screenings

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

GV FREE

Thursday, Dec. 10, 7 to 10 a.m.

WEST FREE

Cardiac Nutrition

Learn to eat for heart health.
Thursday, Nov. 19, 10 to 11:30 a.m.

GV FREE

Thursday, Oct. 15, 3 to 4:30 p.m.

WEST FREE

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

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



Nevada Health Link Enrollment

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



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

FIT Colon Test

Age 50 or over? Take home a colorectal cancer FIT (fecal immunochemical test) screening kit, return your sample to a WomensCare Center, and receive test results by mail.

GV HEND 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

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.

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.

Saturday, Nov. 7,

8 a.m. to noon

GV Appointment needed

Thursday, Dec. 10,

7 to 10 a.m.

WEST Appointment needed

Do You See What I See?

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

Saturday, Nov. 7,

8 a.m. to noon

GV FREE

Wednesday, Dec. 2,

10 a.m. to noon

WEST FREE

Peripheral Arterial Disease

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

Thursday, Dec. 17,

8 a.m. to noon

GV FREE; appointment needed



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
- Multiple Sclerosis Support Group
- Narcotics Anonymous
- Ostomy Support
- Senior Peer Counseling
- Spinal Cord Injury Support
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline, **800.273.8255**
- Surviving Suicide
- Transitions of Aging
- Us Too—Prostate Cancer Education and Support
- Widows Support



Humankindness Tea

Meet our Sisters! Join Sister Xiomara Mendez-

Hernandez as she performs *The Life of Rose de Lima*.

Monday, Nov. 16, 3:30 to 4:30 p.m.

GV FREE

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.

Don't miss your shot for covered vaccines



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

When you sign up for an airline credit card, you may get bonus miles. But did you know that when you sign on to Medicare, you get some important preventive health measures as a perk?

For instance, Medicare covers the cost of three important vaccinations to help you avoid disease:

1. An annual flu shot.
2. Hepatitis B shots (a series of three) for those at medium or high risk of hepatitis B.
3. A pneumococcal shot to protect against infections, such as certain types of pneumonia.

Prevention is the prize

How does taking advantage of this bonus help you stay healthy?

“Vaccination is the best way to help prevent the flu, hepatitis B, and pneumonia,” says Shirley Rodriguez, DO, family medicine physician at Dignity Health Medical Group Nevada. “Plus, you’ll be avoiding the potentially dangerous complications that can result from a bout with one of these illnesses.”

For example, hepatitis B—a serious liver infection—can lead to cirrhosis of the liver or liver cancer. Pneumococcal

disease may cause pneumonia, blood infection, or meningitis. The flu can trigger bronchitis or ear and sinus infections. In addition, thousands of people in the U.S. are hospitalized every year from flu-related complications, and some even die. Those at highest risk are people 65 and older and those with a chronic illness, such as heart disease or asthma.

Claim your reward

You need a new flu shot every year, but vaccinations for hepatitis B and pneumococcal disease are usually only given once. You might be able to get your flu and pneumococcal vaccinations at the same time.

Talk with your doctor to find out which vaccinations are right for you.

Sources: Centers for Disease Control and Prevention; Centers for Medicare & Medicaid Services; National Foundation for Infectious Diseases



Medicare Open Enrollment

Join this one-hour session for information on enrolling in Medicare.

Tuesdays, Oct. 13 or Nov. 10, 9 to 10 a.m.

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

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

Germs can travel as far as **6 feet** when a person coughs or talks.

Flu viruses can survive on surfaces for **2-8 hrs.**

5-20% of the people in the U.S. **get the flu each year.**

The flu sends **200,000+ PEOPLE** to the hospital each year.

YOUR BEST PROTECTION:
A YEARLY FLU VACCINE.

Nearly everyone older than 6 months should get one.

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

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Yum!

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

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

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