

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™
St. Rose Dominican

Reach

WINTER 2016 ISSUE

3 WISE WAYS
TO ROCK YOUR RESOLUTIONS

**GIRLS ON
THE RUN**
READY, SET,
GIRL POWER!

**MAKE A
FRESH START**

Ideas and inspiration to help you
welcome a healthy new year!

**WEIGHT
NO MORE**

Talking about
weight-loss surgery



INSIDE & ONLINE

Fresh starts

The new year is a time for fresh starts and new, positive habits. In this issue of *Reach*, we encourage you to “Make a Fresh Start”—and we’re here to help. Four of our experts share their heart-healthy tips for 2016. You can also learn strategies for making new habits stick. And discover classes, support groups, and events to get your new year started in a healthy direction.

As we welcome the new year at Dignity Health, we’re as resolved as ever to uphold our mission to help unleash the healing power of humanity. We believe that, through humankindness, we can help improve the quality of life for those in our community. When one person connects with another, it strengthens them both. These connections work wonders for the human spirit.

We wish you and yours good health and many blessings in the new year.

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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Reach magazine



ON THE COVER
Atyanna Nofoa (left) and Abby Guida are Girls on the Run (see page 14).



4 KEEP THE BEAT GOING STRONG
Four of our experts share 16 ways to love your heart in 2016.



12 WEIGHT LOSS BRINGS GAINS
How bariatric surgery helped Corrine Pace start fresh.



15 INSPIRED TO HELP OTHERS
Sister Katie—teacher and traveler, here to serve.

Reach online StRoseReach.org

New online!

Bake up breakfast—the night before!

Recipe:
Breakfast ‘square-meal’ squares



7 surprising ways you may be sabotaging your diet

H Change jobs. Change lives.

Join the humankindness movement at St. Rose Dominican—apply online at DignityHealthCareers.org.

Rock your resolutions!
Browse all of our fitness and health and wellness classes at StRoseReach.org.

EVEN MORE WAYS TO CONNECT

StRoseHospitals.org

5 STEPS TO CLEAN HANDS

STEP 1

Wet your hands with clean, running water (it can be warm or cold). Apply soap.

STEP 2

Rub your hands together to make a lather. Scrub hands well all over—make sure to scrub the backs of your hands, between your fingers, and under your nails.

STEP 3

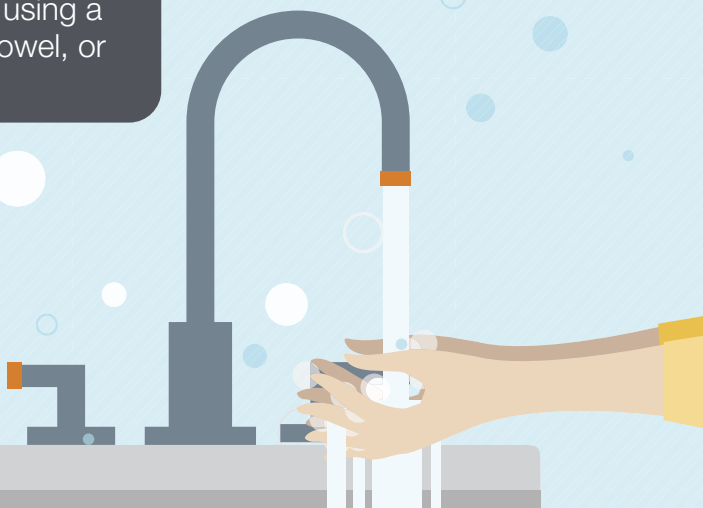
Continue rubbing hands together for at least 20 seconds—that's about as long as it takes to hum the "Happy Birthday" song from beginning to end twice.

STEP 4

Rinse your hands well under running water.

STEP 5

Dry off using a clean towel, or air dry.



Why we give

partnership
FOR COMPASSIONATE CARE
Siena Campus Patient Tower Campaign

“As former patients, we learned that humankindness is more than just a slogan. Compassionate care is a two-way street, and the best way to ensure that such care is always available is through the support of the community.”

—David and Rosalyn Berman

To give to the St. Rose Dominican Health Foundation, visit SupportStRose.org or call **702.616.5750**.

The **Barbara Greenspun WomensCare Centers of Excellence** have supported Dignity Health–St. Rose Dominican’s commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost wellness, nutrition, fitness, and health classes and screenings are offered at our three convenient locations. For information, visit StRoseHospitals.org.

HEARTFELT ADVICE

16

QUICK TIPS for a HEART-HEALTHY 2016

Every day of your life, you march to the beat of your own special drummer: your heart. To help keep your personal percussionist in tip-top shape in 2016 and beyond, give these suggestions from St. Rose Dominican experts a try.

Save the date!

Every year, heart disease and stroke cause 1 in 3 deaths in U.S. women. It's time to put our hearts into it and **Go Red For Women**.

National Wear Red Day

Friday, Feb. 5

Wear red, raise your voice, know your cardiovascular risk, and take action to live a longer, healthier life!

Go Red For Women Luncheon

Thursday, Feb. 25
10 a.m. to 2 p.m.

Aria Resort & Casino

For more information on the luncheon, visit heart.org and click on "Local Info."



Go Red For Women is nationally sponsored by



The family doctor says...

Jennifer Dalrymple, DO,
Dignity Health Medical Group Nevada

1 MEASURE UP. Excess body fat, particularly in your belly, can strain your heart. If you're a woman, work to whittle down your middle to 35 inches or less. For men, make that 40 inches or less.

2 MIND YOUR NUMBERS. High blood pressure, high cholesterol, and high blood sugar increase heart disease risk. Get your numbers checked—and seek your doctor's advice on lowering any that are too high.

3 KNOW YOUR FAMILY HISTORY.

Heart problems can run in families. Let your doctor know if you have close relatives—parents or siblings—with a history of heart disease.

4 KICK BUTTS.

Smoking is a major risk factor for heart disease. (See page 14 for help to quit for good.)

Jennifer
Dalrymple, DO



The nutrition expert says...

Samantha Louie,
Registered Dietitian,
Dignity Health—St. Rose Dominican

5 GO FISH. The omega-3 fatty acids that help protect your heart come in some delicious packages: think salmon, sardines, or lake trout. Twice a week, grill or bake a 3.5-ounce serving, squeeze on some lemon juice, and enjoy!

6 GET GRAINY. Swapping refined grains for whole grains may

lower your risk of heart disease by roughly 25 percent. There are plenty of delicious, easy-to-prepare options, from whole-wheat pasta to unsalted popcorn.

7 MAKE A FIST. Take control of portion sizes. You might start by downsizing your dinner plates. And here's a quick guide: Keep individual servings to between ½ and 1 cup or about the size of a woman's fist.

8 SHAKE THE SALT. Americans get most of the sodium in their diets from processed foods. So compare food labels and choose low-sodium options. Better yet, eat more homemade foods flavored with herbs and spices.

9 BE A LITTLE NUTTY. A handful of unsalted nuts—walnuts are especially high in omega-3 fatty acids—makes a heart-healthy snack. Nuts are high in calories, so keep portions small.

The fitness expert says...

Dorothy Guy, Fitness Instructor,
Barbara Greenspun WomensCare
Centers of Excellence

10 EXERCISE THE POWER OF PLANNING. Put workouts on your schedule as unbreakable appointments. Join a dance or yoga class. Plan active outings with friends and family.

11 WALK ON BY. Brisk walks help keep tickers in tune as effectively as jogging. The more steps you take each week, the greater the health benefits. Shoot for a total of 30 minutes on most days. You can break it up into three 10-minute walks.

12 HAVE A HEART FOR STRENGTH TRAINING. It's great for your heart, muscles, and bones. Start with light weights and build up gradually.

The wellness expert says...

Jacqueline Kennedy,
Wellness Instructor,
Dignity Health—St. Rose Dominican

13 SLEEP TIGHT. Getting enough shut-eye is important to heart health. For most adults, that means seven to nine hours each night.

14 CHILL OUT. Stress can lead to high blood pressure, inactivity, and overeating—all of which are hard on your heart. For healthy stress relief, spend at least 15 minutes a day engaged in a hobby or other activity that makes you happy.

15 BE A SOCIAL BUTTERFLY. Human connection can help keep hearts happy and healthy. Get out and connect: join a book club, volunteer at a senior center, or start a neighborhood hiking group.

16 YUK IT UP. Laughter lowers stress—and is good for your arteries. So read a few jokes or watch a funny movie and LOL!

From left: Samantha Louie, Dietitian;
Jacqueline Kennedy, Wellness Instructor;
Dorothy Guy, Fitness Instructor



Make a fresh start!

3 R's for achieving your health goals in the new year

Cheers to the new year.

It's a chance for you to hit the reset button on your resolutions. Maybe you fell short of your health goals in the past, but don't let that lapse get you down.

Shirley Rodriguez, DO, family medicine physician with Dignity Health Medical Group Nevada, says, "Maybe it's time to jump-start them again." Here are three strategies from Dr. Rodriguez to help you successfully revive health goals gone awry:

1. Reflect

Think about why your resolution fizzled out. Ask yourself:

Was it realistic? If you never exercise, deciding to hit the gym every morning probably isn't realistic. Attainable goals—like "I'll get off the bus three blocks before my stop and walk the rest of the way"—set the stage for success you can build on.

What got in the way? Boredom, lack of time, and not having a concrete plan are common obstacles.

What worked? Every time you try a new behavior, whether it's quitting tobacco or finding ways to relieve stress, you discover two things: what

doesn't work—and what does. That's valuable knowledge to apply to your next try.

2. Refine

Once you've decided on a realistic resolution, tweak it until it's specific. You might refine:

- "Exercise more" to "Walk more this week" or "Take two 10-minute walks every day."
- "Eat less junk food" might become "Freeze grapes for afternoon snacks."

Another key refinement: write down a detailed plan for meeting each goal.

3. Redesign

Does the treadmill bore you? Try kickboxing or rowing. Is life's chronic time crunch sabotaging your efforts to eat more veggies? Switch from fresh to quicker-to-fix frozen. They're equally nutritious. Does driving tempt you to smoke? Stock your car with toothpicks to nibble on instead.

As you redesign resolutions, says Dr. Rodriguez, consider adding strategies that help with motivation:



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

- Track your progress in a journal.
- Partner with someone who shares your goal. Cheer each other on—and hold each other accountable for sticking to the plan.
- Program an electronic device to send you reminders, such as "Schedule a health screening," "Meet your exercise buddy," or "Take time to de-stress."

Finally, if your resolve dissolves again, go easy on yourself. You can always take what you learned today and try again tomorrow.



*Start by doing what's necessary,
then do what's possible, and suddenly
you are doing the impossible.*

—Francis of Assisi

For your HEALTH

WINTER 2016 CALENDAR OF CLASSES AND EVENTS



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



Fitness

Dragon Boat Paddling

Paddle for fun and fitness. Open to experienced and beginner paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub. LLV: \$10 per person

Walking Clubs

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



Humankindness Tea Looking Toward Lent

Meet Sister Katie McGrail, OP, for a Lenten reflection. Thurs., Feb. 4, 3 to 4 p.m. **GV** 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.

Tuesdays, 3 to 4 p.m.

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, 9 to 10:15 a.m.

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, Jan. 9, Feb. 13, March 12, 10:30 a.m. to noon

WEST FREE



Nutrition

Got SNAP?

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

Tuesdays, 8 a.m. to noon

GV WIC: FREE

Weight Management Club

Monthly weight management group with a registered dietitian.

Wednesdays, Jan. 6, Feb. 3, March 2, 5 to 6 p.m.

GV FREE

Superfoods for Your Health

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

Thurs., Jan. 14, 1 to 2:30 p.m.

GV FREE

Eating on the Run

Healthy eating ideas and recipes for eating on the go.

Wed., Jan. 20, 6 to 7 p.m. Inspirada Solista Community Center, 2000 Via Firenze:

FREE

Heart-Healthy Cooking

Learn heart-healthy eating tips from Samantha Louie, RD.

Wed., Feb. 17, 6 to 7:30 p.m.

Inspirada Toll Brothers Clubhouse, 3190 Mantua Village: FREE

Wed., Feb. 24, 10 to 11:30 a.m.

HEND FREE

Introduction to Ancient Grains

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

Wed., March 2, 3 to 4 p.m.

GV FREE

More

LOCATION KEY

(See full key and map on page 8.)

For your HEALTH



WINTER 2016 CALENDAR OF CLASSES AND EVENTS

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

Grocery Shopping Tour

Follow a registered dietitian through virtual grocery aisles.

Tues., March 15, 10 to 11:30 a.m.

GV FREE

Lose Weight with Hypnosis

Wear comfortable clothes, and bring your pillow.

Tues., Feb. 16, 6 to 8 p.m.

WEST \$25 (includes CD)

Tues., March 22, 6 to 8 p.m.

GV \$25 (includes CD)

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!

Mondays, Feb. 1 to March 7, 1:30 to 4 p.m.

WEST FREE

Wednesdays, Feb. 17 to March 23, 10 a.m. to 12:30 p.m.

Inspirada Solista Community Center, 2000 Via Firenze: FREE

Energy Healing Circle

Reduce stress and heal with chakra balancing.

Tuesdays, Jan. 5, Feb. 2, March 1, 7 to 8 p.m.

WEST FREE

Balancing Energy Fields

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

Tuesdays, Jan. 12, Feb. 9, March 8, 6 to 8 p.m.

WEST \$5

Relaxation Meditations

Practice techniques that promote peace and health.

Tuesdays, Jan. 5, Feb. 2, March 1, 5:45 to 6:45 p.m.

WEST FREE

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

Tuesdays, Jan. 12, Feb. 9, March 8, 5:30 to 6:30 p.m.

GV FREE

Tuesdays, Jan. 26, Feb. 23, March 22, 5:15 to 6:15 p.m.

HEND FREE

NEW The Mind Spa: Relaxation Meditation

Instructor-guided sessions teach you to relax. Discussion circle at the end of each class. Bring a pillow and blanket if you'd like. Wear comfortable clothing you can move in.

Tuesdays, 1 to 2 p.m.

GV FREE

NEW Manage Your Stress

Learn what stress is, recognize your personal stressors, and explore simple coping techniques to live a happier, healthier, less stressful life.

Tuesdays, Jan. 19, Feb. 16, March 15, 5:30 to 6:30 p.m.

GV FREE

NEW Art Therapy

Join us for an evening of creativity as we paint a love-themed canvas step-by-step.

Thurs., Feb. 11, 6 to 9 p.m.

GV FREE

Self-Hypnosis for Change

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

Thurs., Feb. 11, 6 to 8 p.m.

GV \$25 (includes CD)

Wed., March 9, 6 to 8 p.m.

WEST \$25 (includes CD)

Safe Sitter

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

Mon., Jan. 18, 9 a.m. to 4:30 p.m.

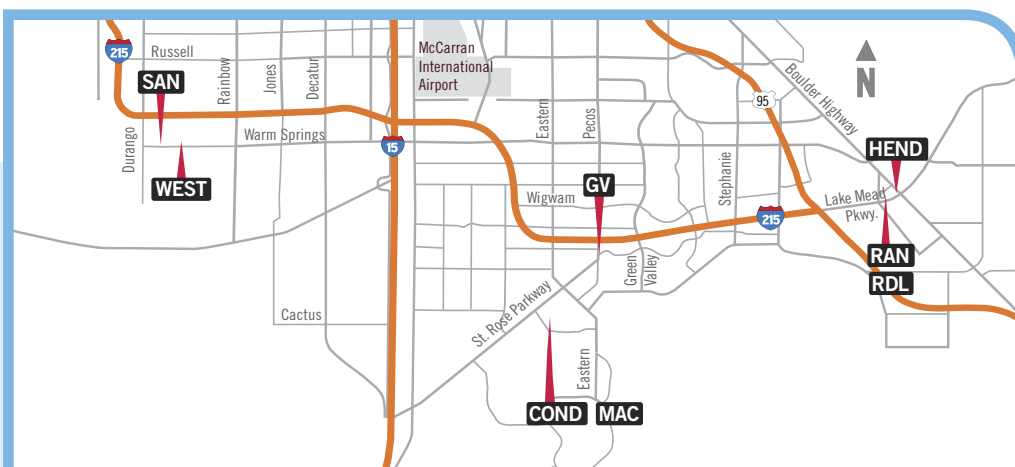
GV \$20 (includes lunch)

Girl Talk

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

Thurs., March 31, 6 to 7 p.m.

GV FREE



LOCATION KEY

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

Uninsured? Make an appointment with our exchange enrollment facilitator. Call **702.616.4904**.



Diabetes Management

What Is Prediabetes?

Learn how to avoid or delay diabetes.

Fri., Jan. 29, 1 to 3 p.m.
Wed., Feb. 17, 9:30 a.m. to 11:30 a.m.

GV FREE

Wed., March 16, 6 to 8 p.m.
Inspirada Solista Community Center, 2000 Via Firenze:
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.

Thursdays, starting Jan. 21, 1 to 2 p.m.

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

Lab Screenings for Diabetes

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

Sat., Feb. 20, 8 to 10:30 a.m.

SAN Appointment required

Diabetes Awareness Treatment and Education (DATE)

Individual visits available with an option for additional visits done individually or in group classes.

Flexibility in scheduling. Call **702.616.4975** for information and to register. Group classes are as follows:
Tuesdays and Wednesdays, Jan. 12 and 13, Feb. 9 and 10, March 8 and 9, 9 a.m. to 1:30 p.m.

Tuesdays and Wednesdays, Jan. 26 and 27, March 29 and 30, 5 to 9:30 p.m.

GV

Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with our certified diabetes educators. Call **702.616.4975** for an appointment.

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, Feb. 4 to March 10, 9:30 a.m. to noon

GV FREE



Heart and Stroke Programs

Cardiac Nutrition

Learn to eat for heart health.

Wed., Feb. 10, 3 to 4:30 p.m.

WEST FREE

Thurs., March 17, 10 to 11:30 a.m.

GV FREE

Heartsaver CPR/AED

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

Wed., Jan. 20, Feb. 17 or March 23, 5 to 9 p.m.

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



Smoke-Free

Freedom From Smoking

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

Mondays, Feb. 22 to March 28, 5 to 6:30 p.m.

GV FREE

Stop Smoking with Hypnosis

Wear comfortable clothes, and bring your pillow.

Thurs., Jan. 14, 6 to 8 p.m.

GV \$25 (includes CD)

Wed., Feb. 24, 6 to 8 p.m.

WEST \$25 (includes CD)

Nevada Tobacco Quitline

Call **800.QUIT.NOW**

(**800.784.8669**) or visit

nevadatabaccoquitline.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.

Mondays, Feb. 15 to March 21, 1:30 to 4 p.m.

GV FREE



NEW The Heart Doctor is IN: Heart Health Fair

Saturday, February 20

8 to 10:30 a.m.: Screenings and a free heart-healthy breakfast

- Lab screenings (fast for 12 hours): total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, Hb A1C (diabetes) \$10, thyroid panel (TSH, T3, T4) \$10.
- Tips on healthy eating from Samantha Louie, RD
- No-cost screenings: blood pressure, body fat and BMI, carbon monoxide, 3-lead heart rhythm strip, stroke risk, medication checks (bring medications to review), hands-only CPR demonstrations, exercise demonstrations, educational resources, raffle drawings, and more!

9:30 to 10:30 a.m.: Join Fareed Sheikh, DO, cardiologist, for his lecture on "Cardiology: State of Your Heart."

SAN Seating is limited. Call **702.616.4900** to register and schedule your lab appointment.

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



WINTER 2016 CALENDAR OF CLASSES AND EVENTS

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.

- Surviving Suicide, Bereavement Support for Adults
- Widows Support



Pregnancy and Childbirth

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

Text4baby

Text **BABY** to **511411** to get FREE cellphone 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, Jan. 5, Feb. 2, March 1, 10 a.m. to noon
WEST \$10

Fridays, Jan. 8, Feb. 12, March 11, 1 to 5 p.m.
GV \$10

Fridays, Jan. 15, Feb. 19, March 18, 3 to 5 p.m.
HEND \$10

Prosthesis and Bra Fittings

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



Support Groups

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

- AA Co-Ed
- AA for Women
- ALS Support
- Alzheimer's Support Group
- Bereavement Support Group
- Better Breathers
- Breast Cancer Support
- Diabetes Support
- Fibromyalgia Friends
- Gamblers Anonymous
- Infertility Support Group
- Multiple Sclerosis Support Group
- Narcotics Anonymous
- Ostomy Support
- Spinal Cord Injury Support
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline, **800.273.8255**

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



Prenatal Classes

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

Baby Basics

GV \$30

Boot Camp for New Dads

GV \$20

Breastfeeding

GV WEST \$30

Childbirth Express

GV \$35

Infant CPR

GV WEST \$20

Prepared Childbirth

GV WEST \$50

Free Maternity Tours

San Martin Campus: Third Saturday mornings and every Tuesday evening
Siena Campus: First and third Saturday afternoons; second and fourth Monday evenings

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: **702.784.8669**.



Breastfeeding

Breastfeeding Helpline and Consultations

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

Baby Weigh Stations

Free weight checks. No appointment necessary.
GV WEST HEND

Breast Pump Rentals

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

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

St. Rose 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

New Mommy Mixer

Mondays, 11 a.m. to noon
HEND FREE

Wednesdays, 11 a.m. to noon
WEST FREE

Fridays, 11 a.m. to noon
GV FREE

La Leche League

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

Thursdays, Jan. 28, Feb. 25, March 24, 10 to 11 a.m.
HEND FREE



Infants, Children, and Parenting

Cooking Demonstration with WIC Foods

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

Thursdays, Jan. 21, Feb. 18, March 17, 11:30 a.m. to noon
GV FREE

Stroller Strides

Join FIT4MOM® Las Vegas for a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.

Fridays, 12:30 to 1:30 p.m.
GV 10 classes for \$110

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. 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.

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

Toddler Play Group

Toddlers ages 3 and under join Family to Family 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 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, Jan. 7 and 21, Feb. 4 and 18, March 3 and 17, 1 to 1:30 p.m.

WEST FREE
Tuesdays, Jan. 19, Feb. 16, March 15, 11 to 11:30 a.m.
HEND FREE

Infant Nutrition

Join this weekly mommy/baby group—homemade baby food, weaning, starting solids, and more.

Wednesdays, 2 to 3 p.m.
GV FREE

Wee Can Sign: Baby Sign Language Level I

For parents with babies from birth to 24 months of age. Visit weecansign.com.

Thursdays, Jan. 7, 14, 21, and 28, and March 3, 10, 17, 31, 10:30 to 11:30 a.m.
Saturdays, Jan. 9, 16, 23, 30, and Feb. 6, 13, 20, 27, 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.

Thursdays, Feb. 4, 11, 18, 25, 10:30 to 11:15 a.m.
Saturdays, Jan. 9, 16, 23, 30, noon to 12:45 p.m., and March 5, 12, 19, and April 2, 10:30 to 11:15 a.m.
WEST \$80 (includes Pick Me Up kit)

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.

Fridays, Feb. 5, 12, 19, 26, March 4, 1 to 3 p.m.

Wednesdays, March 2, 9, 16, 23, 30, 10:15 a.m. to 12:15 p.m.

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

Wednesdays, Feb. 17, 24, March 2, 9, 16, 3 to 5 p.m.

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

Fresh Start: Pre-K Ready!

This six-week series of weekly activities is sure to get your toddler and preschooler ahead of the game! Led by The Children's Cabinet.

Fridays, Jan. 15, 22, 29 and Feb. 5, 12, 19, 11 a.m. to noon

Fridays, March 18, 25 and April 1, 8, 15, 22, 11 a.m. to noon
HEND FREE

Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities—from the garden to the kitchen! Ages 1 to 4 years.

Thursdays, 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, Jan. 15, Feb. 5 and 19, March 4 and 18, 9 to 9:45 a.m.
HEND FREE

Teddy Bear Clinic

Toddlers will learn first aid and the process of a doctor checkup by doing it on their free teddy bears! Ages 2½ to 5 years. Led by first- and second-year Touro University medical students.

Fri., March 4, 1:30 to 2 p.m.

HEND FREE

But wait, there's more!

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



BARIATRIC SURGERY

‘I found the real me ... and the love of my life’

“Deciding to have bariatric surgery

saved my life—both physically and mentally,” says Corinne Pace.

Corinne had struggled with her weight her whole life, says her bariatric surgeon, Thomas Umbach, MD. And she’s certainly not alone. The obesity rate in the U.S. is nearly 35 percent, according to Centers for Disease Control and Prevention. “That’s more than 1 in every 3 Americans,” says Dr. Umbach.

“As a physician, these numbers are particularly concerning considering the serious health conditions related to obesity, including stroke, heart disease, type 2 diabetes, and certain types of cancer.”

Time for a change

“I had thought about having bariatric surgery for a while,” Corinne says. “But it wasn’t until I went to Dr. Umbach’s seminar and got all of the facts that I finally made the decision. I listened, thought about it, and talked with my family. We have a history of health issues that include cancer, heart disease, high blood pressure, and diabetes. I wanted to improve my health and, hopefully, avoid those health issues.”

There are several types of bariatric surgery. “Together, Corinne and I decided her best option was gastric sleeve surgery,” says Dr. Umbach. This procedure permanently reduces the size of the stomach—by about 80 percent—limiting food intake. It’s done laparoscopically—through tiny incisions.

Find your way to better health

Weight-Loss Surgery Seminars

Attend a free seminar led by Thomas Umbach, MD, bariatric surgeon. Learn more and register by calling **702.616.4900**. Mon., Jan. 11 and 25, Feb. 8 and 22, March 14 and 28, 6 to 7:30 p.m.



Corinne's fresh start

Corinne had her surgery on April 18, 2013—a date she calls her “second birthday.” Over time, she lost nearly 125 pounds. But she wants people to know that bariatric surgery isn't a cure-all; it's a tool.

“If you're considering bariatric surgery, do your homework,” she says. “Make sure it's something you absolutely want more than anything else in the world, because it's still incredibly difficult. It's something you will have to work on for the rest of your life.”

Dr. Umbach agrees. “Bariatric surgery isn't a quick fix. It's an ongoing journey,” he says. “The changes we make to the gastrointestinal tract require permanent changes in eating habits.” And people need support for a new, healthier lifestyle to be successful, too—from their medical team and friends and family, he says.

In her journey, Corinne found another key tool for success: fitness. She began working with a personal trainer a couple of months after her surgery. “I don't believe my results would have been as great without the exercise.”

Healthy and happy

“I never dreamed it would turn out as amazingly as it has,” says Corinne. “I gained so many things...a terrific sense of self-esteem and the courage and strength to get out of a bad situation, which ultimately allowed me to find the love of my life.”

Corinne and her boyfriend, Jeff, knew each other before her surgery. They reconnected by chance in October 2014—and friendship turned to romance. “We've been together ever since,” she says.

Is surgery for you? Come to a seminar to learn more. See above for details.

Questions to consider

“Should I have bariatric surgery?” The answer could depend on the answers to several other questions you might wonder about as well, including:

Q. Am I a candidate for the surgery?

A. Bariatric procedures are intended for people who are seriously overweight. Generally that means having a body mass index (BMI) of 40 or higher.

However, you may be a candidate if you have a BMI of at least 35. That's if you also have a serious obesity-related health problem, such as type 2 diabetes, heart disease, or sleep apnea. If your BMI is 30 or higher and you have at least one obesity-related condition, you may opt for adjustable gastric band—a type of bariatric surgery.



Check your BMI

Visit StRoseReach.org and under “Health Tools,” look for “BMI calculator.”

Q. How does the surgery work?

A. There are several different procedures. All involve either limiting the amount of food the stomach can hold or actually reducing the stomach's size. In some cases, they include procedures that reroute food through your digestive system. This limits how many calories are absorbed by the body.

Q. What are possible benefits and risks?

A. Each surgery has its own benefits and risks. If you're considering bariatric surgery, discuss these specifics with your surgeon.

Q. Am I ready to make the lifestyle changes the surgery requires?

A. Surgery isn't a cure-all. It's most effective if you make a lifelong commitment to eating healthfully and getting regular exercise.

Ongoing follow-up appointments with your doctor are important, too. Other experts may be available to help and support you too, such as counselors, dietitians, and exercise specialists. But it's important to realize you'll play a major role in ensuring your surgery's success.



Calculate the cost

Use our Cost of Smoking Calculator to see how much you spend on cigarettes every week, month, and year. Visit StRoseReach.org.

than kids who don't, including asthma and ear infections, and respiratory infections, such as bronchitis and pneumonia."

"Secondhand smoke also raises an infant's risk of sudden infant death syndrome, or SIDS," says Dr. Peterson.

Clear the air

Help protect your kids from the harmful effects of secondhand smoke by making your home and car smoke-free zones. Other things to do:

- Make sure no one smokes around your child.
- Make sure your child's day care or school is smoke-free.
- Go to smoke-free restaurants.

Quit for good Talk to your doctor about ways to quit smoking. You can also call the Nevada Tobacco Quitline at **800.QUIT.NOW (800.784.8669)**.

Be a quitter: Do it for your kids



Emily Peterson, DO, FAAP

Pediatrician, Dignity Health Medical Group Nevada

If you smoke, the best thing you can do for yourself—and your children—is quit.

Secondhand smoke (the smoke you exhale and the smoke from a lit

cigarette, pipe or cigar) has more than 250 harmful chemicals, including at least 69 that cause cancer.

"There is no safe level of exposure to secondhand smoke," says Emily Peterson, DO, FAAP, pediatrician. "Kids who breathe smoke have more health problems

Learn about our **Freedom From Smoking** class on page 9.

Girls on the Run! Join the fun

Girls on the Run is a non-profit organization dedicated to inspiring and motivating girls to see their limitless potential. And it's proud to be in the Las Vegas area.

Girls on the Run

Over 10 weeks, third- to fifth-grade girls learn to

recognize their inner strength and build their confidence.



Girls on the Run: Heart & Sole

Over 10 weeks, sixth- to eighth-grade girls develop life skills to help them as they grow and thrive, such as team

building, developing a support system, and decision making.

These fun programs integrate running and games and end with a Girls on the Run 5K event. (This is a fee-based program.)

To learn more and enroll a girl—or to become a Girls on the Run mentor, visit girlsontherunlv.org. For information, call **702.616.4922**.

Inspired to serve

This Sister never tires of giving and growing

Since a young age, Sister Katie McGrail, OP, has had a strong calling to spread the word of God. And her vocation and passion have taken her to places around the world—to teach, learn, and serve.

Early yearnings

Sr. Katie was born to a loving Irish Catholic family in Detroit, Michigan. “My parents were very active in the church,” she says. “In fact, they were part of the founding of an Adrian Dominican parish in Detroit.”

“My mother said I had always wanted to be a Sister,” says Sr. Katie. “But it wasn’t until I was in high school that I seriously began feeling a call to join the life.” When she was 18, Sr. Katie joined the Adrian Dominican Sisters.

“In my early life as a Dominican sister, we weren’t given the option of choosing where we served,” she says. “On my first assignment, I was put on a train and sent to Miami Shores, Florida...to St. Rose of Lima Parish,” she continues. “It seems fitting that I began my ministry at Rose of Lima and am now at St. Rose Dominican.”

From teacher to student

After seven years of teaching elementary school in Florida, Sr. Katie was given the opportunity to study theology at the Aquinas Institute of Theology in Dubuque, Iowa, where she earned her master’s degree in theology.

She then returned to Michigan to

teach a life of prayer, community, and ministry to women joining the Adrian Dominicans. But she wasn’t done adding to her own education. She earned her master’s in counseling and was a high school counselor in the Detroit area.

Called to Africa

In the early 1980s, an “amazing opportunity” came Sr. Katie’s way—to serve in Kenya. “My mother was not happy when I told her I was going to Africa, partially because I could only come home once every three years,” she says. During her seven years in Kenya, she served in the Diocese of Nairobi and then moved north to the Diocese of Eldoret.

“I learned so much in Africa,” she says. “Spirituality was so much a part of the people’s nature, and they were very happy even though much of their day was spent simply surviving. It was a huge adjustment for me...and language was a challenge. I found it humbling that the Kenyan people learn multiple tribal languages,

“I love my role here because I can spread and share our mission...with the patients and the staff.” —Sister Katie McGrail, OP

as well as Swahili, the national language. They also begin learning English in about the fourth grade.”

‘Our team inspires me’

Today, Sr. Katie calls Nevada home. She has been at St. Rose Dominican for more than five years. “During employee orientations, I love to hear why people come to work at St. Rose. It is always for something deeper than just practicing clinical skills,” she says. “Our staff inspires me to be all I can be in this holy ministry.”

Meet Sister Katie at the Humankindness Tea (see page 7).



18 The age Sr. Katie joined the Adrian Dominican Sisters



7 years in Kenya

From your friends at
Dignity Health—St. Rose Dominican

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Try a new
spin on guac:
Broccomole!

Find the recipe at
StRoseReach.org.



U

Thai broccoli beef stir-fry

Makes 8 servings.

Ingredients

- 1 pound lean beef round steak, cut into strips
- 1 tablespoon peanut oil
- 1 cup sliced green onions
- 14 ounces broccoli, chopped (about 6 cups)
- 1 cup green pepper, chopped
- ½ cup beef broth, fat-free, low-sodium
- 2 teaspoons cornstarch
- ½ cup Thai peanut sauce
- ½ cup cilantro, chopped
- ¼ cup dry-roasted peanuts, chopped

Directions

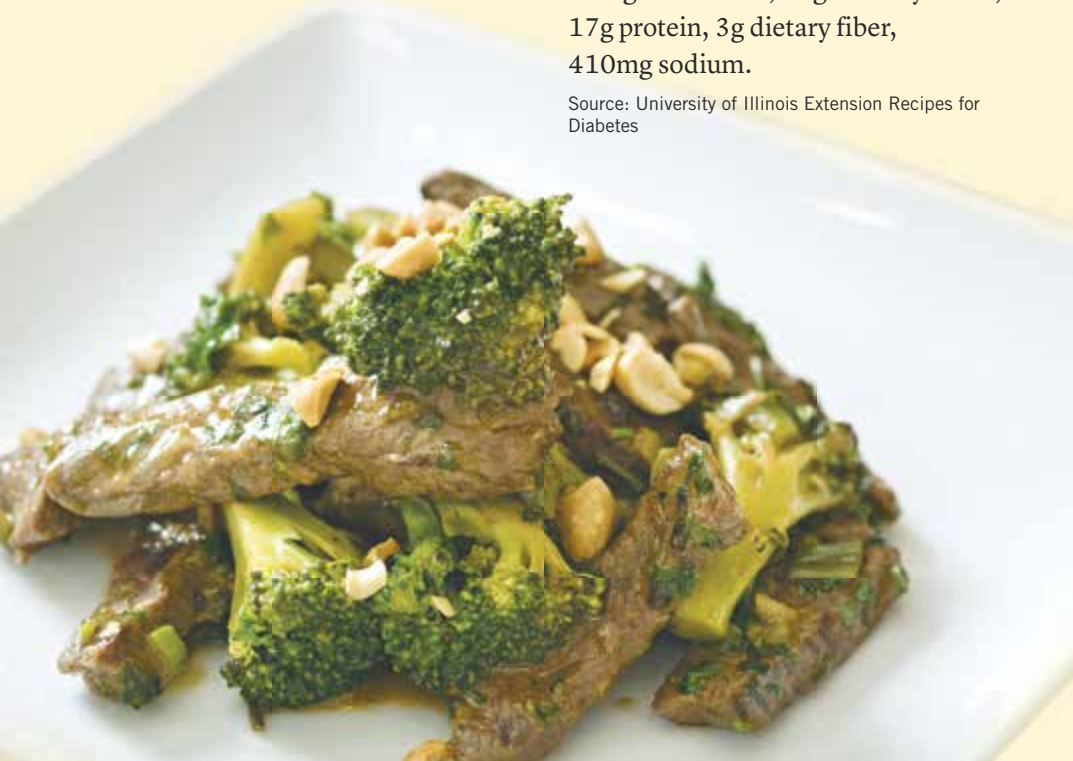
- Stir-fry beef in oil until browned.
- Add vegetables and cover, cooking until crisp-tender, about 5 minutes.
- In a separate bowl, thicken broth with cornstarch; add peanut sauce. Stir sauce into beef mixture. Cover and heat for about 5 minutes.
- Stir in cilantro. Spoon stir-fry into serving dishes and garnish with peanuts. Serve.

Cook meat to the recommended internal temperature.

Nutrition Information

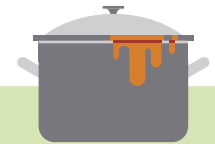
Amount per serving: 180 calories, 8g total fat (1.5g saturated fat), 35mg cholesterol, 11g carbohydrates, 17g protein, 3g dietary fiber, 410mg sodium.

Source: University of Illinois Extension Recipes for Diabetes



CHEW ON THIS

Broccoli stalks
are a tasty treat



Cube them and add them to your favorite soups and casseroles for a nutritional boost.



Cut them into sticks (like carrot sticks) and dip them in a low-fat ranch-style dressing.



Slice them in strips or at an angle and toss them into stir-fries as a less expensive alternative to bamboo shoots.



Grate them and put them in coleslaw. They can be an addition to—or a substitute for—cabbage.