

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™  
St. Rose Dominican

# Reach

SPRING 2016 ISSUE

## AT PEACE WITH AGING

Letting go of myths  
& moving more

## *Spring* FORWARD

Timely tips for the season—from  
allergy advice to household hints

## SHE GOT THE PERFECT FIT

A KINDER, MORE CUSTOM  
KNEE SURGERY



# INSIDE & ONLINE

## Spring forward

Spring has arrived—a time of renewal and rejuvenation, a season full of promise. This issue of *Reach* encourages you to refresh or continue your quest for good health.

To help you spring forward, we offer helpful hints, from spring cleaning tips to easing allergies. (With everything in bloom, this time of year can be a real headache for many of us—literally!) We'll also encourage you to put a little more pep in your step. And if you're living with knee pain, we'd like to share more about new surgical techniques that may help you stay active.

As always, we're here to support you in your journey to stay healthy. Our classes, events, and support groups are available to everyone and most are either free or offered at a very low cost.

Make a statement this spring...be healthy, be happy, and be kind.

**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**  
Join Dorothy Guy, fitness instructor, in being mindful about wellness. Check out our classes, page 7.

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Put these three myths about aging behind you.



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Read one woman's rockin' success story.



**14 NOTHING TO SNEEZE AT**  
Allergy season is upon us. Pick up tips to feel better.

### Reach online StRoseReach.org

**New online!**  
A quick dinner that's out of this world

**Recipe: Cosmic cucumber wrap**



**NEW!**  
Register and pay online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes)

Check out our new classes and events, including Relaxation Meditations and Art Therapy, at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

**H Change jobs. Change lives.**  
Join the humankindness movement at Dignity Health—St. Rose Dominican—apply online at [DignityHealthCareers.org](http://DignityHealthCareers.org).

EVEN MORE WAYS TO CONNECT

[StRoseHospitals.org](http://StRoseHospitals.org)

# SPRING CLEANING

## Spiff up for safety

Let the season inspire a tidier and safer home with these quick tips.



**SHINE ON.** Mix ¼ cup of white vinegar with a quart of warm water for a homemade window cleaner.



**TAKE ON TRIPPING HAZARDS.** Clear clutter from floors and stairways. Remove or secure throw rugs.



**GO ON POISON PATROL.** Keep medicines and household chemicals in their original bottles or containers. Store them out of the reach of children.



**PUT AWAY EVERY LITTLE THING.** If kids live in or visit your home, scan rooms for small items that might be choking hazards.



**SOUND THE ALARM.** Install smoke alarms on every level, outside sleeping areas, and in bedrooms. Bonus tip: Set a smartphone reminder to test them monthly!



**CLEAN SPONGES DAILY.** To help wipe out germs, toss sponges in the dishwasher with a drying cycle—or microwave a damp sponge for one minute. Consider using paper towels to clean countertops. They're less likely to spread germs.

**Go green! Reduce, reuse, recycle.** Learn more about how and where to dispose of or donate items at [epa.gov/recycle](http://epa.gov/recycle).

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics; Centers for Disease Control and Prevention; U.S. Consumer Product Safety Commission; U.S. Department of Agriculture



Why I give

**partnership**  
FOR COMPASSIONATE CARE  
*Siena Campus Patient Tower Campaign*

“Dignity Health–St. Rose Dominican’s mission is second to none. The health care and community services we provide to the greater Las Vegas area—through health and wellness classes and events and grant contributions to other nonprofits—is something I’m very proud to be part of.”

—Katie Ryan,  
Communications Department

To give to the St. Rose Dominican Health Foundation, visit [SupportStRose.org](http://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](http://StRoseHospitals.org).

# Looking ahead with optimism

Wave goodbye to these 3 myths about aging



“Age is an issue of mind  
over matter. If you don’t  
mind, it doesn’t matter.”  
—Mark Twain

## A spring chicken is young, right?

Or maybe it’s just a state of mind.

Lisa Rosenberg, MD, Dignity Health Medical Group Nevada, joins us to dispel a few common myths—and offer us a brighter outlook—on aging. Dr. Rosenberg is an internist who is board-certified in geriatrics.

### MYTH 1 Seniors are frail and sick

“Aging doesn’t necessarily mean having a long list of health problems,” says Dr. Rosenberg. “There are strategies for remaining strong and healthy,” including:

**Keep moving.** Physical activity reduces the risk for many illnesses, including diabetes, heart disease, and high blood pressure. By being active, you can also help maintain your strength and mobility—key elements for staying independent.

**Eat for the ages.** A balanced diet supports overall wellness. Stock your kitchen with nutritious, high-fiber fruits, veggies, whole grains, low-fat dairy products, and lean proteins.

**Partner with a doc.** To stay healthy, working together is more important than ever. Your doctor is your best resource for advice about screenings, immunizations, and healthy habits.

## Join us! Put a pep back in your step

“Exercise can help you stay strong and energetic as the years go by,” says Dorothy Guy, a fitness instructor at the WomensCare/Outreach Centers. “Our Centers offer a wide variety of classes for older adults, including Enhance Fitness, Walking Clubs, and Zumba Gold.” Most are free or low-cost.



Register online today by  
visiting [StRoseHospitals  
.org/classes](https://www.strosehospitals.org/classes) or by calling  
702.616.4900.





# Spring into action

When you get up and move every day, you're tapping into one of the keys to healthy aging.

## Ready, set, go!

Most people can get started right away. But it's wise to begin gradually and build up strength and stamina over time. If you have concerns or health problems, check with your doctor for advice on what's right for you.

Aim to be physically active for at least 150 minutes a week. You don't have to do it all at once, of course. Even 10 minutes at a time is great.

## Four for life

To get all the benefits of exercise, include these four types in your workout routine:

- 1. Aerobic or "cardio" activity** that gets your heart and lungs working harder. Brisk walking, riding a bike, and pushing a lawn mower are good examples of aerobic activities.
- 2. Strength exercises**, like lifting weights or doing squats or pushups, to help build stronger muscles.
- 3. Balance activities**, like standing on one foot or walking heel to toe, can help you avoid falls.

- 4. Stretching exercises** that help you become more flexible.

**Happily ever after:** Try to find activities you enjoy and can work into your daily routine. You'll be more likely to stick with them.

## Stand up for better health:



Sitting for hours every day can raise health risks. Experts suggest getting up and moving around at least every 90 minutes.

## MYTH 2

### Depression is to be expected

Despite the challenges growing older can bring, the majority of seniors are not depressed, reports the Centers for Disease Control and Prevention. One reason may be that with age comes more time for activities that support mental health, including hobbies, volunteering, and socializing.

Nevertheless, seniors are at higher risk for depression. For some, it happens after a difficult life event, such as losing a partner. The good news: Depression is highly treatable. Counseling or medication—or a combination—is effective for many older adults. (See "Connecting With Kindness" at right.)

## MYTH 3

### Old hounds can't learn new tricks

Brainpower does not necessarily diminish with age. Research has shown that, if given enough time, people in their 70s and 80s score as well on cognitive tests as younger adults.

In areas of verbal knowledge such as vocabulary, elders often outperform the pups. One possible reason: To compensate for areas that weaken, the brain may activate other regions.

To help protect and boost brainpower as you age:

**Try something new every day.** Switch hands to brush your teeth, follow a different route to the store, or solve word or math puzzles.

**Tackle unexplored territory.** Pick a country whose language or cuisine you admire, and take cooking or language classes (or both!). Have you always secretly wanted to play a musical instrument? Sign up for lessons.

**Tie in to social connections.** Being around others keeps your brain active and engaged. Volunteer in your community, start a book club, or travel with a group. To learn more about volunteering with Dignity Health—St. Rose Dominican, visit [StRoseReach.org](http://StRoseReach.org). We'd love to have your help.

### Connecting with kindness

Would you like someone to talk to about the challenges and concerns of growing older? Someone who understands?

St. Rose Dominican's Senior Peer Counseling program is offered through our WomensCare/Outreach Centers. Seniors provide confidential, personal, and supportive counseling to other seniors. "It's a great model since older adults learn really well from one another," says Dr. Rosenberg. For more information, call 702.616.4902.



**Lisa Rosenberg, MD**  
Dignity Health Medical Group Nevada

### Humanity is alive and well

We at Dignity Health–St. Rose Dominican have a mission. We want 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 communities. When one person connects with another in kindness, it strengthens them both. These connections work wonders for the human spirit.

**Share your story.** Has the power of humankindness touched your life? Visit [StRoseReach.org](http://StRoseReach.org) to share your story and learn more about spreading kindness.



### 3 ideas for a kinder day

- Pay a neighbor or friend a nice compliment.
- Hold the door open for someone.
- Let someone go in front of you in line.

## Sometimes you just need a lift

New van helps residents get medical care

**Catholic Charities** of Southern Nevada has helped thousands of people get back on their feet. They offer an array of services and programs designed to give help and hope and transform the lives of southern Nevada's most vulnerable. When people need housing and shelter services, they often need something else: medical attention for ailments such as high blood pressure and diabetes.

### A ticket to ride

With the help of funding from Dignity Health–St. Rose Dominican, Catholic Charities was able to purchase an

eight-passenger van to transport their clients to clinics so that they can get the medical attention they need.

### Another caring partnership

Catholic Charities uses the van to transport clients to medical clinics run by Volunteers in Medicine of Southern Nevada (VMSN), where they can get the care they need, often helping them return to self-sufficiency. VMSN is a nonprofit organization that provides free medical care and support to uninsured people in our community.



“Those who perform **more acts of kindness** throughout the day are **less likely to report negative emotions** and can **better maintain positive emotions.**” —Emily Ansell, PhD, Yale University School of Medicine

# For your HEALTH

## SPRING 2016 CALENDAR OF CLASSES AND EVENTS

Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call **702.616.4900**, unless otherwise noted.



### Fitness

All fitness classes are drop-in only unless otherwise noted. Fees paid on arrival.

#### Dragon Boat Paddling

Paddle for fun and fitness. Open to experienced and beginner paddlers. Dates, times, and registration at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).  
Lake Las Vegas: \$10 per person

#### Enhance Fitness

Evidence-based exercise group program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independence.  
**Mondays, Wednesdays, and Fridays, 9 to 10 a.m.**

**Mondays and Wednesdays, 3:45 to 4:45 p.m.**

**Tuesdays and Thursdays, 8 to 9 a.m.**

**GV**

**Mondays and Wednesdays, 10 to 11 a.m. and 1 to 2 p.m.**

**RAN** FREE

**Mondays, Wednesdays, and Fridays, 1 to 2 p.m.**

**WEST** FREE

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

### LOCATION KEY

(See full key and map on page 8.)

#### Fitness Testing

Are you fit for your age? If you are 60 or above, see how to remain mobile until 90 and beyond.

**Wednesday, May 18, 10 a.m. to noon**

**GV** FREE

#### Zumba Gold

Low-impact dance for the young at heart.

**Wednesdays, 10:30 to 11:30 a.m.**

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

#### Zumba Fitness

**Mondays and Thursdays, 6 to 7 p.m. and 7:15 to 8:15 p.m.**

**WEST** \$5 per session, five sessions for \$20, or 10 sessions for \$30

#### Walking Clubs

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

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

#### 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

#### 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.

**Tuesdays, 3 to 4 p.m.**

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

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

#### Take It Easy Yoga

Pre-beginner introductory class with modified poses, breathing, and relaxing. For the inflexible or brand-new student. Dress in clothes you can move in. Bring a yoga mat.

**Tuesdays, 11:30 a.m. to 12:30 p.m.**

**HEND** FREE

#### Vinyasa Flow Yoga

Follow your breath and move through postures to build

**NEW** For classes that require registration, you can now register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes). Payment can also be made online for most classes (drop-in classes require payment on arrival). Or you can call **702.616.4900** to register 24/7.

strength, balance, and flexibility.

**Tuesdays, 6 to 7 p.m.**

**Fridays, 9 to 10 a.m.**

**Saturdays, 9 to 10 a.m.**

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

#### Tai Chi

Learn graceful Chinese martial art moves to improve 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

#### Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

**Thursdays, 3 to 4 p.m.**

**WEST** FREE

#### Belly Dancing

**Saturdays, April 9, May 14, June 11, 10:30 a.m. to noon**

**WEST** FREE

#### Stepping On: Fall Prevention Program

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

**Mondays, July 11 to Aug. 22, 3 to 5 p.m.**

**GV** FREE

More

# For your HEALTH

SPRING 2016 CALENDAR OF CLASSES AND EVENTS

Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call **702.616.4900**, unless otherwise noted.



## Nutrition

### Weight Management Club

Monthly weight management group led by registered dietitians.

**First Wednesdays, April 6, May 4, June 1, 5 to 6 p.m.**

**GV** FREE

### Weight-Loss Surgery Seminars

Attend a free seminar led by Thomas Umbach, MD, bariatric surgeon.

**Mondays, April 11, May 9, June 13, 6 to 7:30 p.m.**

**MAC**

### Superfoods for Your Health

Get to know foods that can have health-promoting properties.

**Wednesday, April 20, 6 to 7 p.m.**

Inspirada Solista Community Center, 2000 Via Firenze: **FREE**

### Eating on the Run

Healthy eating ideas and recipes for eating on the go.

**Thursday, May 5, 10 to 11:30 a.m.**

**GV** FREE

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Tuesday, April 19, 6 to 8 p.m.**

**WEST** \$25 (includes CD)

**Tuesday, May 24, 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!

**Fridays, April 22 to May 27, 1 to 3:30 p.m.**

Boulder City Hospital: **FREE**  
Call **702.293.4111, ext. 576** for more information.

**Thursdays, May 5 to June 9, 3 to 5:30 p.m.**

**GV** FREE

### Energy Healing Circle

Reduce stress and heal with chakra balancing.

**Tuesdays, April 5, May 3, June 7, 7 to 8 p.m.**

**WEST** FREE

### AARP Smart Driver Program

Reduce your car insurance rates; \$15 members, \$20 nonmembers (check only).

**Mondays, April 11, May 9, or June 13, 9 a.m. to 1 p.m.**

**Wednesdays, April 27, May 25, or June 22, 1 to 5 p.m.**

**GV**

**Tuesdays, April 26, May 24, or June 28, 1 to 5 p.m.**

**HEND**

**Thursday, April 14, 8:30 a.m. to 12:30 p.m.**

**Wednesday, May 25, 5 to 9 p.m.**

**Wednesday, June 22, 8:30 a.m. to 12:30 p.m.**

**WEST** FREE

### Dinner with a Doc Community lectures

Join doctors who practice at St. Rose for free lectures while enjoying dinner.

**Wednesdays, May 25 and June 22, 6 to 7 p.m.**

**SAN** FREE

Visit [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) for lecture topics.



## LOCATION KEY

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





**Take a deeper look!  
We have more classes  
at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).**

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



**Medicare ABCDs**

Decipher the Medicare maze and maximize your benefits. **Tuesday, May 10, 9 to 10 a.m.**  
**GV** FREE

**Labyrinth Walk**

Join us for a quiet, relaxing journey through the labyrinth. **Friday, June 17, 2 to 3 p.m.**  
**GV** FREE

**Balancing Energy Fields**

Release the past and embrace the future through EFT, sound therapy, and meditation. **Tuesdays, April 12, May 10, June 14, 6 to 8 p.m.**  
**WEST** \$5

**Relaxation Meditations**

Practice techniques that promote peace and health. **Tuesdays, April 5, May 3, June 7, 5:45 to 6:45 p.m.**  
**WEST** FREE  
**Tuesdays, April 12, May 10,**

**June 14, 5:30 to 6:30 p.m.**  
**GV** FREE  
**Tuesdays, April 26, May 24, June 28, 5:15 to 6:15 p.m.**  
**HEND** FREE

**NEW The Mind Spa: Relaxation Meditation**

Be a happier you with creative journaling and guided relaxation. Bring a pillow and blanket if you'd like. **Tuesdays, 1:30 to 2:30 p.m.**  
**GV** FREE

**NEW Manage Your Stress**

Learn what stress is, recognize your personal stressors, and explore simple coping techniques. **Third Tuesdays, April 19, May 17, June 21, 5:30 to 6:30 p.m.**  
**GV** FREE

**Communication Through Sign Language**

Learn basic signs to increase communication in this three-week workshop for adults. **Fridays, May 6, 13, 20, 3:30 to 5 p.m.**  
**WEST** FREE  
**Fridays, June 10, 17, 24, 3:30 to 5 p.m.**  
**GV** FREE

**Tea and Talk Book Club**

Call **702.616.4900** for monthly book titles. **Third Thursdays, April 21, May 19, June 16, 2:30 to 3:30 p.m.**  
**GV** FREE

**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, April 14 and 28, May 12 and 26, June 9 and 23, 10 a.m. to noon**  
**GV** FREE  
**Thursdays, April 14 and 28, May 12 and 26, June 9 and 23, 12:30 to 2:30 p.m.**  
**WEST** FREE

**Self-Hypnosis for Change**

Harness the power of your mind through hypnosis. Wear

**Art Therapy**

Join us for an evening of creativity as we paint a beautiful, spring-themed canvas step-by-step. **Thursday, May 5, 6 to 9 p.m.**  
**GV** FREE



comfortable clothes and bring your pillow.

**Wednesday, June 15, 6 to 8 p.m.**  
**WEST** \$25 (includes CD)  
**Tuesday, June 28, 6 to 8 p.m.**  
**GV** \$25 (includes CD)

**Senior Peer Counseling**

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

**Help Helping Hands!**

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



**Diabetes Management**

**What Is Prediabetes?**

Learn how to avoid or delay diabetes. **Thursday, April 28, 9:30 to 11:30 a.m.**  
**Tuesday, May 17, 1 to 3 p.m.**  
**Monday, June 20, 3 to 5 p.m.**  
**GV** FREE



**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

## SPRING 2016 CALENDAR OF CLASSES AND EVENTS

Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call **702.616.4900**, unless otherwise noted.



### National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call **702.616.4914** to enroll in this 12-month program.

**Starting Friday, April 29, 4:30 to 5:30 p.m.**

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

### Diabetes Awareness Treatment and Education (DATE)

Individual visits available with an option for additional visits done individually or in group classes. Flexibility in scheduling. Group classes are two-day classes:

**Tuesdays and Wednesdays, April 12 and 13, May 10**

### Powerful Tools for Caregivers

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

**Thursdays, June 2 to July 7, 4 to 6:30 p.m.**

**GV** FREE

**and 11, June 7 and 8, 9 a.m. to 1:30 p.m. Tuesdays and Wednesdays, April 26 and 27, May 24 and 25, June 28 and 29, 5 to 9:30 p.m.**

**GV**

### Stanford Diabetes Self-Management Program

This six-week program offers support, healthy eating tips, medication management, and communication skills. Complements your current medical treatment.

**Mondays, May 16 to June 20, 1:30 to 4 p.m.**

**WEST** 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** for more information.

### 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.

**Tuesday, April 26, 6 to 7:30 p.m.**

**GV** FREE

**Tuesday, May 24, 10 to 11:30 a.m.**

**HEND** FREE

**Thursday, June 23, 10 to 11:30 a.m.**

**WEST** FREE



### Heart and Stroke Programs

#### Blood Pressure Screenings

**Thursday, May 19, 7 to 10 a.m.**

**GV** FREE

**Thursday, June 9, 8 to 10:30 a.m.**

**SAN** FREE

#### Cardiac Nutrition

Learn to eat for heart health.

**Wednesday, May 11, 3 to 4:30 p.m.**

**WEST** FREE

**Thursday, June 9, 10 to 11:30 a.m.**

**GV** FREE

#### Heartsaver CPR/AED

Learn adult, child, and infant CPR; AED; and choking first aid. Two-year American Heart Association certification for providers not in health care.

**Wednesday, April 20, 5 to 9 p.m.**

**Wednesday, May 18, 5 to 9 p.m.**

**Wednesday, June 15, 5 to 9 p.m.**

**WEST** \$30 (includes AHA certification card)

### Skin Cancer Lecture

Join Stacey Escalante as she introduces ways to protect your skin. We'll discuss skin cancer prevalence, risk factors, prevention, and early detection.

**Wednesday, June 15, 6 to 7 p.m.**

Inspirada Toll Brothers Clubhouse, 3190 Mantua Village: **FREE**



### Smoke-Free

#### Freedom from Smoking

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

**Mondays, April 11 to May 23, 5 to 7 p.m.**

**HEND** FREE

**Thursdays, April 21 to June 2, 6 to 7 p.m.**

**GV** FREE

#### Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

**Thursday, April 28, 6 to 8 p.m.**

**GV** \$25 (includes CD)

**Wednesday, May 11, 6 to 8 p.m.**

**WEST** \$25 (includes CD)

#### Nevada Tobacco Quitline

Call **800.QUIT.NOW (800.784.8669)** or visit [nevada.quitlogix.org](http://nevada.quitlogix.org).

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



## Red Hot Mamas

**Vein Health: Changes in the Circulatory System at Menopause** Join cardiologist Ram Singh, MD, and learn about common vein problems, prevention, and care.

**Thursday, May 26, 6 to 8 p.m.**

**GV** FREE



## Cancer Screenings and Survivorship

### Cancer Thriving and Surviving

Are you a patient in treatment or a cancer survivor? This six-week workshop enhances regular treatment.

**Fridays, June 10 to July 15, noon to 2:30 p.m.**

**GV** FREE

### 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 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 you are 49 and younger, or call the Mammovan if 50 and older at **877.581.6266**. Funded by Susan G. Komen for the Cure.

### Prosthesis and Bra Fittings

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



## Screenings

### Metabolic Testing

**GV** \$45; call **702.616.4975** for an appointment.

### Peripheral Arterial Disease

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

**Thursday, June 16, 8 a.m. to noon**

**GV** FREE. Appointment needed.

### Do You See What I See?

Get a free eye screening, prescription check, and education about glaucoma and other eye ailments.

**Wednesday, April 27, 10 a.m. to noon**

**GV** FREE

**Wednesday, May 18, 10 a.m. to noon**

**WEST** FREE

### Health Screenings/Lab Screenings for Diabetes

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, A1C (diabetes) \$10, thyroid panel (TSH and FT4) \$10. A 12-hour fast is required.

**Thursday, May 19, 7 to 10 a.m.**

**GV** See prices above. Appointment needed.

**Thursday, June 9, 7 to 10 a.m.**

**WEST** See prices above. Appointment needed.



## Support Groups

For dates, times, and locations visit **StRoseHospitals.org/classes** or call **702.616.4900**.

- AA Co-ed
- **MAC** Thursdays, 7 p.m.
- **SAN** Sundays, Mondays, Tuesdays, Fridays, 7 p.m.
- AA for Women
- **GV** Mondays, 7:30 p.m. and Wednesdays, noon
- **WEST** Mondays, noon
- ALS Support
- Alzheimer's Support
- Bereavement Support
- Better Breathers
- Breast Cancer Support
- Diabetes Support
- Fibromyalgia Friends
- Gamblers Anonymous
- Multiple Sclerosis Support
- 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 Phyllis Sikora to learn how to cope with grief and loss.

**Wednesday, April 27, 3:30 to 4:30 p.m.**

**GV** FREE



**But wait, there's more!**

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



# Back to the life she loves

Partial knee replacement was the perfect fit for this active woman

## A *kneed* to know

Take our quick knee pain quiz. Or test a friend and family member—it's fun and only five questions. Find it at [StRoseReach.org](http://StRoseReach.org).



**After injuring her right knee,** Linda Faiss tried everything her physicians initially suggested to relieve the pain in her knee. But nothing seemed to help.

“I was still basically hobbling around,” she says. “I couldn’t do many of the things I love, including walking my very large dogs—Kodiak, a 90-pound Malamute mix, and Riley, a 55-pound Australian Shepherd.”

## Considering surgery

Linda consulted board-certified orthopedic surgeon Roger Fontes, MD, to learn more about her options. Dr. Fontes recommended a partial knee replacement. He felt Linda was a very good candidate for the procedure because the iUni® unicompartmental knee implant he uses is custom fit to each patient’s exact bone structure.

“The iUni® implant allows us to preserve the parts of the knee that are not damaged,” he says. “It actually mimics the natural shape of the knee, which gives your knee the potential to feel and move more naturally.”

## Giving it her all

Linda was determined to “do everything right,” she says. So she did what’s called “prehabilitation” to strengthen the muscles around her knee before her surgery.

Afterward, she was all in, too. She rode a stationary



bike and swam every day. “The first time I tried the bike, I could barely make one rotation,” she says. “But I would crank up Donna Summer’s song ‘She Works Hard for the Money’ and pump away.”

Linda’s drive—and her new custom knee—have given her back her active life. It was just over five months after her surgery that Linda was able to take a 5-mile hike up to Sloan Canyon.

### A custom fit for success

Linda and Dr. Fontes aren’t alone in their appreciation of partial knee replacement.

Robert Tait, MD, another board-certified orthopedic surgeon at St. Rose Dominican, agrees that not everyone needs their entire knee replaced. “If you only have damage to one compartment of the knee, a total knee replacement may not be the best option,” he says. “As patients are becoming and staying more active, the interest in the bone- and tissue-sparing partial knee replacements has increased dramatically.”

When Dr. Tait first saw the design features of the implant, he said, “this was the first thing I had seen in 20 years that held out the hope that we could improve long-term patient satisfaction.”

And he’s been pleased with the results. With the iUni® implant, it’s now routine to have patients come back after six weeks with full range of motion in their knees and off any pain medication, he says.

Robert Grondel, MD, board-certified orthopedic surgeon, also performs partial knee replacements at St. Rose Dominican and recommends the procedure when he knows it will benefit his patients. “Since the iUni® implant is custom-made for each of my patients, it reduces the amount of bone preparation I need to do to make the implant fit. This preserves more of the patient’s natural knee and results in more natural function.”



**Robert Tait, MD**  
Board-certified  
orthopedic surgeon



**Robert Grondel, MD**  
Board-certified  
orthopedic surgeon

## Is knee surgery right for you?

Knee pain is often caused by osteoarthritis, a degenerative joint disease where cartilage in the joint breaks down and deteriorates. It’s the most common form of arthritis—affecting tens of millions of people worldwide.

Knee replacement surgery can provide relief from chronic knee pain and help you enjoy a more active life. But before making the decision to have surgery, you need to be sure that knee replacement is the right choice for you.

You may be a candidate for surgery if you have:

- Severe pain that limits everyday activities.
- Pain while resting, during the day or night.
- Pain that isn’t relieved by other treatments, like medications, cortisone shots, or physical therapy.
- A knee deformity.
- Chronic inflammation.

If you think you may be a candidate for knee replacement surgery, talk to your doctor about getting a referral to an orthopedic surgeon who performs surgery at Dignity Health—St. Rose Dominican.

Linda Faiss and  
Roger Fontes,  
MD



**Looking for a surgeon?** To find an orthopedic surgeon who performs the ConforMIS iUni® procedure at St. Rose Dominican, call **702.616.4900**.



# The big sneeze

**The nose knows** when seasonal allergies—or allergic rhinitis—come to call in southern Nevada. This very common condition affects 40 percent of U.S. kids and 30 percent of adults, causing inflammation inside the nose—and those telltale signs of sneezing, itching, dripping, and congestion.

## Invasion alert

It all starts with the body’s immune response to an allergen, such as pollen. The immune system tries to fight the foreign invader. Part of that reaction is the release of a substance called histamine—the trigger of those pesky (and often persistent) nasal symptoms, such as sneezing and nasal congestion. Other symptoms can crop up, too, such as:

- Itchy, watery, red, or swollen eyes.
- Sinus pressure and headaches.
- Scratchy throat.
- Hives.
- Eczema.

“Many residents here in the desert are surprised when they get seasonal allergies,” says Sean McKnight, MD, a board-certified



**Sean McKnight, MD**  
Board-certified allergist and clinical immunologist

allergist and clinical immunologist who specializes in treating allergies, asthma, and immunology conditions. “But we actually have long allergy seasons because of our warm climate. Spring allergies run rampant in the Las Vegas valley from March through June, with the main culprits being pollen from mulberry and olive trees. Then once the heat of the summer is over, we get another round when we experience our second allergy season in September and October.”

“Interestingly,” Dr. McKnight continues, “many of the allergen-producing plants in Las Vegas are not native to the area. Rather, they are plants and trees brought in from other areas by our residents.”

## Treat the sneeze

Several methods can help combat allergic rhinitis—and it often takes a combination to get symptoms under



Allergy tests can reveal the sources of your sniffles and sneezes. Call **702.616.4900** to find a St. Rose ear, nose, and throat specialist.

control. The first step is to figure out what allergen is causing the problem (your doctor can help with that) and then do your best to avoid it. You can also:

- Rinse your nasal passages with saline solution or use a saline spray to help rid your nose of allergens.
- Try over-the-counter or prescription medications.
- Consider allergy shots (immunotherapy). Given over a period of time (usually three to five years), immunotherapy actually modifies the immune system, helping reduce sensitivity to an allergen. Effective in 85 percent of patients, it reduces or even eliminates symptoms and can be a good option when medications aren’t providing relief.

Sources: American Academy of Allergy, Asthma & Immunology; National Institutes of Health

## Learn more about allergies at [StRoseReach.org](http://StRoseReach.org)

**Living with pets and allergies:** Does your furry friend make you sneeze? Read what the experts have to say about living with your pet and controlling your allergies.

**Hay fever: Fact or fiction?** Seasonal allergies are common in southern Nevada. Put your knowledge to the test with this quick quiz that may further your understanding of allergies. Now that’s nothing to sneeze at!

You can find these and other resources at [StRoseReach.org](http://StRoseReach.org).

### HAY FEVER MYTH OR FACT?

Hay fever describes allergies to weeds, grasses, trees and mold—but typically not to hay.

MYTH

FACT



# Celebrating 60 years of caring

## Sister Vicki Dalesandro,

OP, was a high school sophomore when she first considered the sisterhood. “I remember filling out the paperwork and showing it to my dad,” she says. “He told me, ‘If you still want to do this crazy thing when you’re 18, you can.’” So during her senior year, she did the paperwork again, and her father agreed.

## Living in service

“This crazy thing” has taken Sr. Vicki many miles from her hometown of Los Angeles and back again. Along the way, she lived through culture shock, unrest, and change; she counseled, taught lessons—and learned many, too—and helped countless people. Among her many

varied and rewarding adventures:

- Getting her first lessons in sisterhood on the Adrian Dominican campus in Michigan. After LA, that took some getting used to, she says. “We were completely surrounded by cornfields—no ocean, no mountains—and the food was very different.”
- Teaching school in South Central LA. “It was a rough time. I remember the riots.” But she has fond memories, too—including a certain fashion change. “We were able to shorten our habits. And I remember Michael Jackson was a hero to the students I taught.”
- Learning Spanish in Mexico City. For three months, she lived with a family with a grandmother “who was like a walking Spanish dictionary.”
- Opening a social action center for people near Skid Row in LA. “I would help them in return for their help with my Spanish,” she says.

## Touching lives at St. Rose

In the 1990s, Sr. Vicki first shared her caring ways with the St. Rose Dominican community in southern Nevada. She worked with various projects, including the Positive Impact Program, R.E.D. Rose, Classroom on Wheels, and Buckaroo Days.

The devoted sister and teacher also remained an eager student. While at St. Rose, she began a master’s degree in Pastoral Studies—and she didn’t stop there. “I wanted

to get back into counseling,” says Sr. Vicki. “So in 2000, I left for Apple Valley, California, to work with pregnant moms, many of whom had substance abuse problems.” There, she finished the master’s degree and certification as a chaplain.

In 2011, Sr. Vicki returned to be the director of caring and healing at St. Rose Dominican’s San Martín Campus. “I’ve been here ever since and love visiting patients and working with the nurses.”

“My latest project is the No One Dies Alone pilot program at the San Martín and Siena Campuses,” says Sr. Vicki. “We are training volunteers who are interested in sitting with dying patients who would otherwise be alone.” (See “No One Dies Alone” to find out more.)

## No One Dies Alone

No one is born alone, and in the best of circumstances, no one dies alone. No One Dies Alone is a volunteer program that provides the reassuring presence of a volunteer companion to dying patients who have neither family nor close friends to be with them.

This type of volunteer work calls for someone willing to share their strength, compassion, and respect—to comfort and soothe people during their final journey.

Learn more about being a volunteer at [StRoseReach.org](http://StRoseReach.org).



**A joyful heart.** Sr. Vicki begins to celebrate 60 years of sisterhood this year, and she still loves it. “Working at St. Rose is incredibly fulfilling. The staff is really attuned to the Dominican mission, and in my heart, I really think of them as family.”

From your friends at  
Dignity Health—St. Rose Dominican

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## Honey, please do!

Find the recipe for  
this honeydew and  
mint smoothie at  
[StRoseReach.org](http://StRoseReach.org).



FRESH & HEALTHY

# Spring tuna salad



Makes 2 servings.

### Ingredients

- 1 (6-ounce) can water-packed albacore tuna
- ¾ cup finely chopped Honeycrisp, Gala, or Fuji apple
- ½ cup finely chopped green bell pepper
- ½ cup finely chopped scallions, green and white parts
- 2 tablespoons fresh lemon juice
- Salt and ground black pepper to taste

- 1 tablespoon canola oil
- ⅓ cup chopped fresh dill
- 2 teaspoons grated lemon zest
- 4 butter or Boston lettuce leaves
- 4 slices European (English) cucumber
- 2 lightly packed cups watercress sprigs

### Directions

- In mixing bowl, finely flake tuna with fork. Mix in apple, green pepper, and scallions. Add lemon

- juice, salt and pepper to taste, and toss to combine. Mix in canola oil. The salad may be covered and refrigerated for up to 4 hours.
- When ready to serve, mix in the dill and lemon zest. Line 2 salad plates each with 2 lettuce leaves and add 2 cucumber slices. Mound ½ of the tuna salad on each plate. Surround with the watercress sprigs, and serve.

### Nutrition information

Amount per serving: 220 calories, 10g total fat (1g saturated fat), 12g carbohydrates, 22g protein, 3g dietary fiber, 55mg sodium.

Source: American Institute for Cancer Research

### Reel in brain food!

Fish rich in omega-3 fatty acids, such as wild salmon and albacore tuna, may give your brainpower a boost. Omega-3s are also linked to better heart health.

