

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health[™]
St. Rose Dominican

Reach

SPRING 2016 ISSUE

BABY LOVE

You're expecting & we're here to help

SHE GOT THE
PERFECT FIT

A KINDER, MORE CUSTOM
KNEE SURGERY

 *Spring*
FORWARD

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

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. We also have timely information for expectant moms to help them prepare for their joyous arrivals, including understanding the benefits of delivering at one of Dignity Health—St. Rose Dominican’s Baby-Friendly Hospitals. Yes, every season is baby season around here.

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.

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



ON THE COVER
Aidee and Alanis play in the park. See Infants, Children, & Parenting classes on page 11.

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It’s an honor to help you prepare for your sweet and special arrival.



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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

Check out our new classes and events, including Relaxation Meditations and Art Therapy, at StRoseHospitals.org/classes.

H Change jobs. Change lives.
Join the humankindness movement at Dignity Health—St. Rose Dominican—apply online at DignityHealthCareers.org.

EVEN MORE WAYS TO CONNECT

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.

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 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.

GET READY TO



say hello

To be a good parent is to look out for your child's well-being. And this is something you can start to do even before you meet. What follows are a few of the most important preparations to consider as your delivery draws near—steps that Donna Miller, MD, board-certified OB-GYN, says can help give your baby the best start possible in life.

Find a doctor

Even the healthiest babies need frequent checkups, and the first one will take place at the hospital. If you haven't chosen a pediatrician or

family physician, call the St. Rose physician referral service at **702.616.4900**. We can help you find the doctor who's right for you!

Get set to breastfeed

"At St. Rose, our goal is to provide all new moms with evidence-based education on the benefits of breastfeeding," says Suzie Owens, IBCLC (International Board Certified Lactation Consultant) at Dignity Health-St. Rose Dominican.

Know the benefits. If you're still not sure about breastfeeding, keep in mind that breast milk:

- Is the ideal first food. It contains all the nutrients

babies need to be healthy and is more easily digested than formula.

- Promotes development of a baby's brain and nervous system.
- Contains natural antibodies that help protect babies from diarrhea, ear infections, and pneumonia.
- May help protect babies from diabetes, obesity, and other diseases later in life.
- Is free—and requires no prep time.

Healthy bonuses for moms, too: Breastfeeding can help you recover from childbirth more quickly and easily, and it may reduce your risk of breast or ovarian cancer.

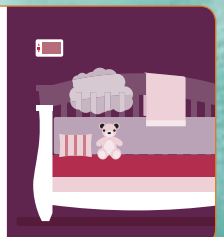
St. Rose Dominican's San Martín and Siena Campuses have the Baby-Friendly Hospital designation. That means that after you deliver, we're here to help. (See "Off to a Great Start.")

"We also offer ongoing support for breastfeeding moms through our WomensCare/Outreach Centers with classes and groups that can help," Owens says.



Sweet slumber

Learn more about reducing sleep risks for infants with our fun, interactive infographic at StRoseReach.org.





Donna Miller, MD
Board-certified OB-GYN



Suzie Owens
International Board
Certified Lactation
Consultant

Put safety first

Perhaps your most important responsibility as a parent is to keep your baby safe.

When it comes to traveling, no newborn is safe without a car seat, and you'll need one for that very first ride—from the hospital to your home. (See "Buckle Up, Baby!" on page 10.)

You'll also need a safe place for your baby to sleep. Be wary of used cribs, which may not meet current safety standards or may have been recalled. (See "Sweet Slumber" for more tips.)

Know when you're ready

"Not all babies arrive on schedule," says Dr. Miller. "That's why it's important to know the signs that labor is near—or here":

An increase in vaginal discharge. This discharge—which actually is the mucus plug that blocks the cervix—can be clear, pink, or slightly bloody. It can appear several days before labor or just as it's starting.

Your water breaks. You'll feel this as a trickling or gush of amniotic fluid from your vagina. Labor often starts soon after your water breaks.

Contractions. Generally, labor has started when your contractions:

- Become strong and occur at frequent, regular intervals. That's generally three to five minutes apart, according to Dr. Miller.
- Start hurting in your back before

Off to a great start

Our San Martín and Siena Campuses belong to an elite group: U.S. hospitals and birthing centers that hold the Baby-Friendly designation. This means we meet the highest standards for maternity care and infant feeding.

Breastfeeding support

Skin-to-skin time

If possible, you'll spend your baby's first hour after birth cuddled up together skin to skin. This regulates baby's body temperature, blood sugars, heart rate, and breathing.

Since your baby will be close, you'll be able to breastfeed as soon as you're ready. And our trained staff will be there to help if you need it.

Rooming in

Your baby stays in your room day and night, as long as you're both healthy. That's the best way to bond from the start.

Home sweet home. If feeding problems come up after you go home, our staff can help, too.

The Baby-Friendly Hospital Initiative is a global program launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).



EXPECTING? We welcome all expectant moms and dads to tour our Birth Centers before baby's due date. For information or to schedule a free tour, visit StRoseHospitals.org/classes.

moving around to your front.

- Occur despite walking or changing position.

As your due date nears, be sure to ask your doctor:

- Once labor starts, when should I call you?
- Are there special steps I should follow when I think I am in labor?

All the best to you

We want to wish you and your growing family the healthiest—and happiest—of futures.

Our doctors deliver—babies, that is! Visit StRoseHospitals.org or call **702.616.4900** to find out which local obstetricians deliver at St. Rose.

Humanity is alive and well

We at Dignity Health and 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 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 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. Lake Las Vegas: \$10 per person

Walking Clubs

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

Mondays and Wednesdays, 8:30 to 9:30 a.m.

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: Beyond the Basics

Follow your breath and move through postures to build 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

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, April 9, May 14, June 11, 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 led by registered dietitians.

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

GV FREE

NEW For classes that require registration, you can now register online at 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.

Superfoods for Your Health

Introduce yourself to 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**.

More

LOCATION KEY

(See full key and map on page 8.)



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

For your HEALTH



SPRING 2016 CALENDAR OF CLASSES AND EVENTS

Register online at StRoseHospitals.org/classes or call 702.616.4900, unless otherwise noted.



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

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

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

stressors, and explore simple coping techniques.

Third Tuesdays, April 19, May 17, June 21, 5:30 to 6:30 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.

Wednesday, June 15, 6 to 8 p.m.

WEST \$25 (includes CD)

Tuesday, June 28, 6 to 8 p.m.

GV \$25 (includes CD)

Labyrinth Walk

Join us for a quiet, relaxing journey navigating the Labyrinth.

Friday, June 17, 2 to 3 p.m.

GV FREE

Safe Sitter

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

Monday, June 6, 9 a.m. to 4:30 p.m.

GV \$20 (includes lunch)

Girl Talk

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

Thursday, June 30, 6 to 7 p.m.

GV FREE



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.

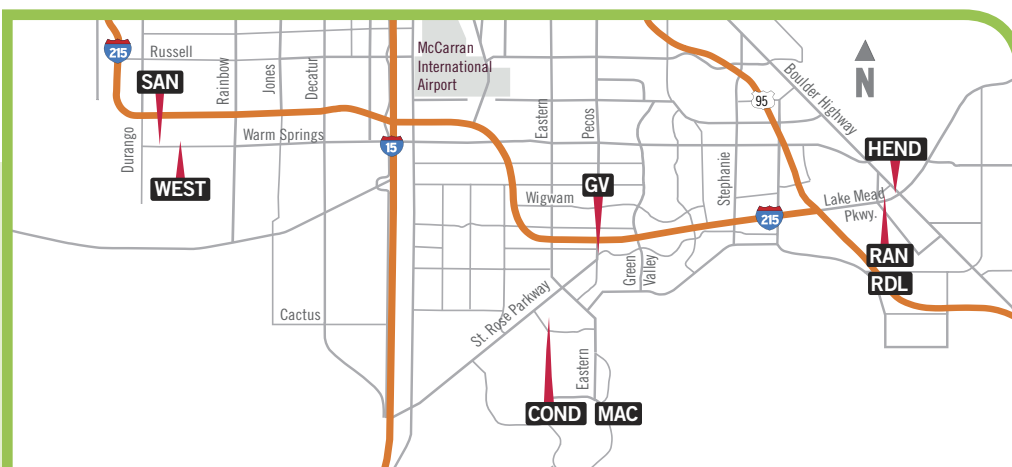
Monday, June 20, 3 to 5 p.m.

GV FREE

National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes.

Take a deeper look! We have more classes at StRoseHospitals.org/classes.



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**.



Call **702.616.4914** to enroll in this 12-month program.

Fridays, starting 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 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

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.

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

WEST FREE

Kidney Smart

One in 10 U.S. adults has kidney disease. Learn how your kidneys function and the best ways to manage your diet and health.

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

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

DASH (Dietary Approaches to Stop Hypertension)

Join us to learn heart-healthy eating tips.

Friday, May 20, 1 to 2:30 p.m.

GV FREE

Heartsaver CPR/AED

Learn adult, child, and infant CPR; AED; and choking first aid. Two-year American Heart Association certification for non-health care providers.

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)



Smoke-Free

Freedom from Smoking

Kick the habit with this supportive, seven-session 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

When you are ready to stop smoking, call **800.QUIT.NOW (800.784.8669)** or visit nevada.quitlogix.org.



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.

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

GV FREE

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 under. 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

Call **702.616.4975** for an appointment.

GV \$45

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.



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 or call **702.616.4900**, unless otherwise noted.



Support Groups

- 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
- Early Childhood Parent Support
- Fibromyalgia Friends
- Gamblers Anonymous
- Infertility Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- Ostomy Support
- Spinal Cord Injury Support
- Stroke and Aphasia Lunch Bunch

- Suicide Prevention Lifeline, **800.273.8255**
- Surviving Suicide, Bereavement Support for Adults
- Widows Support



Pregnancy and Childbirth

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

Sweet Peas NICU Support Group

Parent educational support.

Wednesdays, 1 to 2 p.m.

MAC FREE

Free Birth Center Tours

San Martín Campus:

Third Saturday mornings and every Tuesday evening

Siena Campus:

Third Saturday afternoons and fourth Monday evenings



Prenatal Classes

Baby Basics

GV \$30

Breastfeeding

GV WEST \$30

Childbirth Express

GV \$35

Gestational Diabetes Consultations

Call **702.616.4975**.

Infant CPR

GV WEST \$20

Prenatal Yoga

Mondays, 11:30 a.m. to 12:30 p.m.

GV

Prepared Childbirth

GV \$50



Buckle up, baby!

"Your baby should ride in a rear-facing car seat until he or she is at least 2 years old or has reached the highest weight or height allowed by the car seat's manufacturer," says Jennifer Findlay, manager of the WomensCare Center of Excellence in Henderson.

Car seat safety checks are available at all three WomensCare Centers. Read more about giving your baby the best possible care ("Get Ready to Say Hello") on page 4.

Car Seat Safety Checks

Tuesdays, April 5, May 3, June 7, 10 a.m. to noon

WEST \$10

Fridays, April 8, May 13, June 10, 1 to 5 p.m.

GV \$10

Fridays, April 15, May 20, June 17, 3 to 5 p.m.

HEND \$10

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

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

Baby weight checks. No appointment necessary.
GV WEST HEND FREE

Breast Pump Rentals

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

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, April 28, May 26, June 23, 10 to 11 a.m.

HEND FREE



Infants, Children, and Parenting

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

Infant Nutrition

Join this weekly mommy/baby group—homemade baby

food, weaning, starting solids, and more.

Wednesdays, 2 to 3 p.m.
GV FREE

Dancing with Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props, and parent participation. For children ages 18 months to 5 years.

Mondays, 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m.
WEST FREE

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

Thursdays, 11:15 to 11:45 a.m. or noon to 12:30 p.m.
GV 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, April 7 and 21, May 5 and 19, June 2 and 16, 1 to 1:30 p.m.

WEST FREE

Tuesdays, April 19, May 17, June 21, 11 to 11:30 a.m.
HEND FREE

Wee Can Sign: Baby Sign Language Level I

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

Saturdays, April 9, 16, 23, 30, 10:30 to 11:30 a.m.

Thursdays, May 5, 12, 19, 26, 10:30 to 11:30 a.m.

Saturdays, June 4, 11, 18, 25, 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, April 7, 14, 21, 28, 10:30 to 11:15 a.m.

Saturdays, May 7, 14, 21, 28, 10:30 to 11:15 a.m.
WEST \$80 (includes Pick Me Up kit)

Storks Nest Prenatal Program

Earn points for baby supplies by participating in discussion groups about healthy pregnancy, prenatal care, and new parent classes. Different topics each month.

Call **702.616.4377** for dates and times.

HEND FREE

Love and Logic: Parenting Made Fun!

Learn practical skills to handle the most frustrating parenting concerns from birth to 5 years of age! Five-week series.

Wednesdays, April 6, 13, 20, 27, May 4, 2:30 to 4:30 p.m.

Thursdays, May 5, 12, 19, 26, June 2, 6 to 8 p.m.
HEND \$50 (Scholarships

Airway Avengers Day

This one-day asthma education event teaches children ages 7 to 12 how to manage their asthma while they have an unforgettable, fun experience!

Saturday, July 16, 8 a.m. to 3 p.m.

Las Vegas Springs Preserve
333 S. Valley View Blvd.
Space is limited! Call **702.431.3667**.

available; call **702.616.4377** for details.)

Wednesdays, April 13, 20, 27, May 4, 11, 10 a.m. to noon

WEST \$50 (Scholarships available; call **702.616.4377** 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, May 6, 13, 20, 27, June 3, 10, 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, April 1 and 15, May 6 and 20, June 3 and 17, 9:15 to 9:45 a.m.

HEND FREE

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.



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.

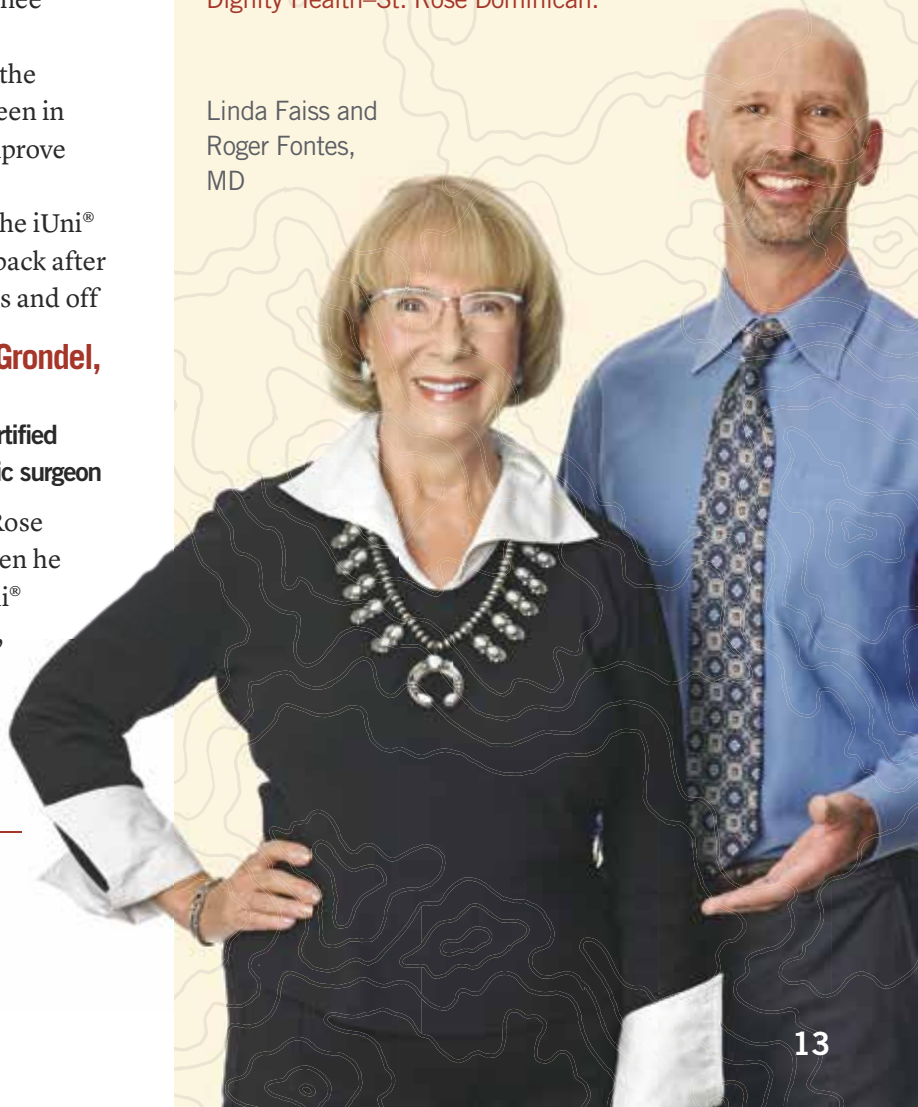
Knee replacement surgery can provide relief from chronic knee pain and help you enjoy a more active life. But before making the decision to have surgery, you need to be sure that knee replacement is the right choice for you.

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**.

ALLERGIC RHINITIS

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

Kids get allergies, too. Read what experts have to say about children and allergies—including how to reduce allergens around the house.

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.

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.



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

St. Rose Dominican Hospitals
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Henderson, NV 89015-5524

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Honey, please do!

Find the recipe for
this honeydew and
mint smoothie at
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



A pregnant pause

Seafood can be a healthy choice for pregnant women. But they should avoid some types and limit their intake of albacore tuna to 6 ounces weekly. Learn more about pregnancy and food safety at **StRoseReach.org.**