



**Dignity Health™**  
St. Rose Dominican

# Reach

Together in health and happiness

**Empowered issue**

Fall 2018



## **Empowering mothers**

New program ensures a healthier future for moms and babies

## **Community strong**

These ladies are paddling for a great purpose

## **Looking ahead**

Treat yourself to more peace and joy this holiday season

# The power within

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. . . . You must do the thing you think you cannot do.”

—Eleanor Roosevelt

**This Empowered issue** of *Reach* highlights some courageous journeys in our community—and the power of *humankindness*.

**Paving the way for positive change.** Starting on page 4, read how St. Rose Dominican helps pregnant women and babies gain health and freedom from addiction.

**Be a lifesaver.** Learn the signs of stroke—and five prevention steps you can start today—on page 10.

**Gain strength, confidence, and calm** with our fall and winter classes (pages 11 to 15). And check out our online Health Library—free resources to help you live your best life. Go to [StRoseReach.org/health-library](http://StRoseReach.org/health-library).



**On the cover** From left: Sanaa Makram, Terry Maurer, Andrea Liebl, Gina Burgos, and Sue Berry

## The WomensCare/Outreach Centers

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).

REACH is published as a community service for the friends and patrons of DIGNITY HEALTH–ST. ROSE DOMINICAN. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

Physicians listed, pictured, or interviewed are licensed by the Nevada State Board of Medical Examiners (MDs), the Nevada State Board of Osteopathic Medicine (DOs), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health–St. Rose Dominican unless specifically noted.

**Holly Lyman**, WomensCare/ Outreach Center Director

**Kimber Haley**, Marketing Manager, REACH Editor

**Greg Preston**, Sampsel Preston Photography: cover, pages 8–9  
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# Inside



## Stress less, make merry

Five ways to stay in good cheer.

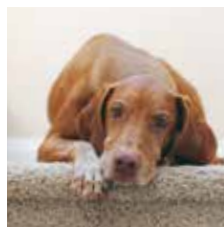
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## Inspired to keep fighting

Support from her family and R.E.D. Rose helps Maria Contreras stay strong.

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## A popular pal

Meet Gavin, a therapy dog who’s all heart when it comes to helping people heal.

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# Online

See more great *Reach* content:

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



## Foods and your medicine.

Learn what common medications and foods shouldn’t be taken together.



## Sweet Hot Pumpkin Seeds With Autumn Spices.

Carving a pumpkin soon? Turn the seeds into a sweet and spicy treat.

Find a doctor, locations, and services:

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



# Why I give ...

"Each day, I see firsthand the amazing work St. Rose provides to the community, and it makes me proud to be a part of this organization! I know a huge part of the care we provide is due to generous donations from employees, patients, and friends in the community. It doesn't take much from a single person, but each employee giving what they can makes a real impact.

I give because I want to support our Foundation, which works tirelessly to raise funds to provide quality care for those who need it most. I give because I believe in Dignity Health's mission, and I know that it is lived out in our work and in our decisions. I give because I appreciate all that St. Rose has done for families like my own, and I want to carry that kindness forward."

—Asia Dean, Director of Strategy/Business Development

To give to the St. Rose Dominican Health Foundation, visit [SupportStRose.org](https://SupportStRose.org) or call **702.616.5758**.



The Health Foundation is a nonprofit organization as provided under section 509(a)(3) of the Internal Revenue Code. Contributions are tax-deductible in accordance with state and federal regulations.

## Powerful tips! Take care and stay well

5 ways  
to protect  
against  
the flu



- ✓ **Get a flu shot every year.** Health experts urge vaccination for almost everyone 6 months and older, ideally in the fall. Why? It's the best way to lower your risk of the flu.
- ✓ **Wash your hands often.** Clean hands are especially important during flu season. Use soap and water or, in a pinch, an alcohol-based hand sanitizer.
- ✓ **Keep your distance.** Try to avoid close contact with sick people and their germs.
- ✓ **Avoid touching your face with unwashed hands.** This helps keep germs from entering your body through your eyes, nose, or mouth.
- ✓ **Boost your immunity.** Help your system be at its best with healthy foods, regular exercise, and plenty of rest.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention



**What if you do get the flu?** Taking a prescription antiviral drug—ideally within two days of feeling sick—may make your illness milder and shorter. Need help quick? The Dignity Health Urgent Care Center in Henderson is here when you need us. Call **702.616.7780** for hours and information.





# Empowering mothers, protecting babies

Coming together to change lives in harm's way from opioid addiction

Our babies are precious blessings. Sadly, many newborns in the U.S. are born addicted to opioids. It's a serious concern in southern Nevada, and St. Rose Dominican is dedicated to caring for these infants—and to helping pregnant women who are battling addiction.

That's where a unique St. Rose program comes in. It's called EMPOWERED, and it's on a mission: Ensure a kinder and healthier future for moms and babies in our community.

## Seeing a need for help and humankindness

In southern Nevada, an increasing number of women of childbearing

age are struggling with addiction to opioids and other drugs, says Andria Peterson, PharmD, clinical pharmacy specialist in pediatrics/neonatology at St. Rose Dominican. When they give birth, their babies are born dependent on the substances their mothers used.

These newborns experience withdrawal—what's known as neonatal abstinence syndrome, or NAS. Symptoms include tremors, seizures, problems sleeping, irritability, and weight loss. Most babies are treated in a neonatal

intensive care unit (NICU) for days or even weeks before they can go home.

“In the past four to five years, we've seen a big influx of babies in our NICUs who are being treated for withdrawal,” says Dr. Peterson, who works with Deepa Nagar, MD, a neonatologist affiliated with Mednax at St. Rose Dominican's Siena Campus.

The doctors conducted a study of St. Rose NICU babies who were experiencing withdrawal and



Andria Peterson,  
PharmD

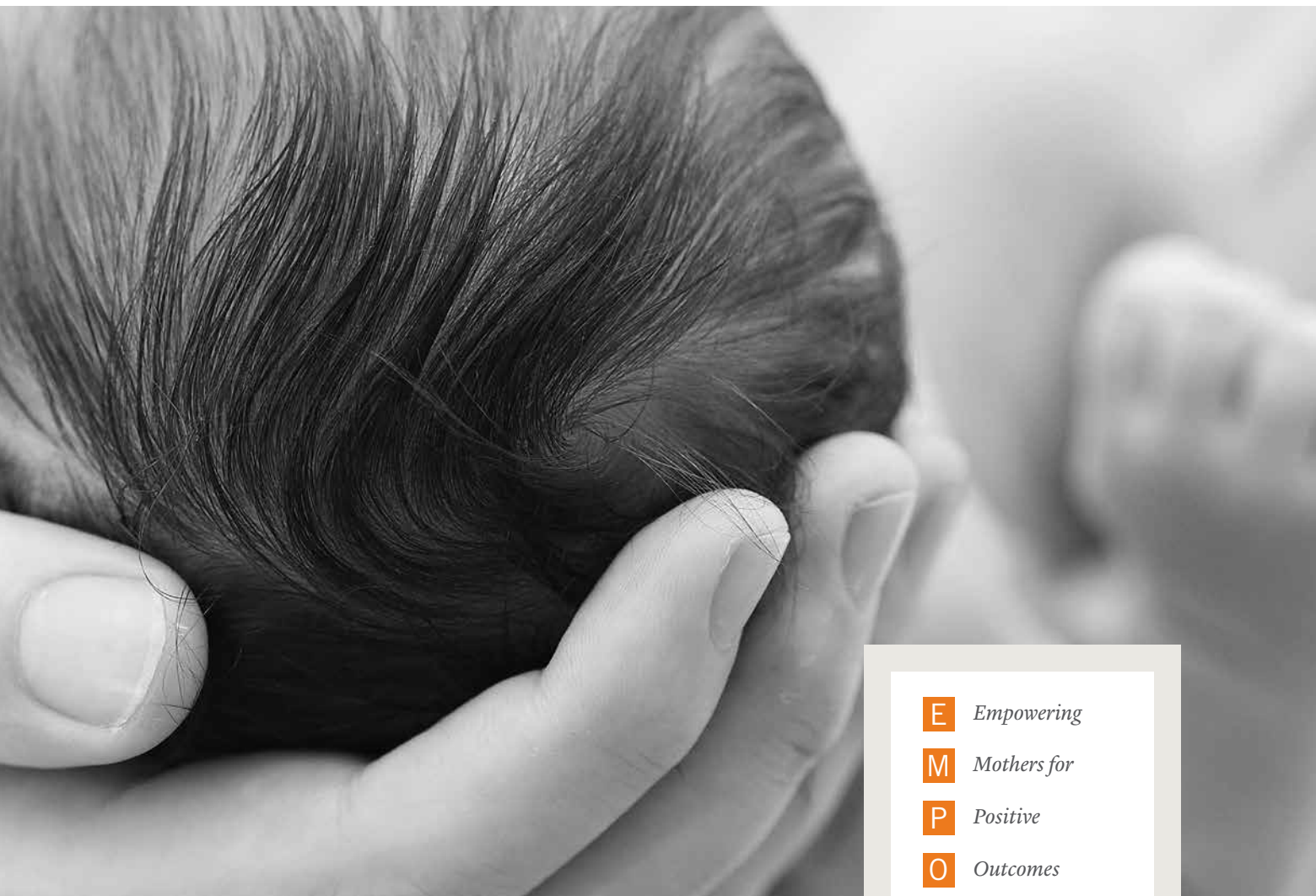


Deepa Nagar,  
MD

“Substance abuse does not discriminate. It affects women across all racial, ethnic, and socioeconomic groups.”

—Andria Peterson, PharmD, clinical pharmacy specialist in pediatrics/neonatology at St. Rose Dominican





found very concerning results.

“When we compared Nevada’s overall numbers to the rest of the U.S., we found the number of babies being treated (for opioid withdrawal) was nearly double the national average,” Dr. Nagar says. “Looking even closer—at babies in the two St. Rose NICUs—we found that 77 percent of these babies’ mothers were using more than one substance during their pregnancy, and 34 percent of the babies went home to someone other than their mothers, placing a terrible burden on our foster care system.”

Realizing the depth of the problem, Drs. Nagar and Peterson took action. They talked with senators, state representatives,

and other key members of the community, including Stephanie Woodard, PsyD, Director of Behavioral Health for the state of Nevada. Dr. Woodard was instrumental in helping obtain a grant for EMPOWERED.

### **Offering moms-to-be hope**

With community support, EMPOWERED was launched this summer at St. Rose Dominican. It helps pregnant mothers who are battling addiction get access to care in a safe, supportive environment.

EMPOWERED provides support and resources—for both mother and baby—during prenatal, postpartum, and early childhood development.

**E** Empowering  
**M** Mothers for  
**P** Positive  
**O** Outcomes  
**W** with  
**E** Education,  
**R** Recovery, and  
**E** Early  
**D** Development

“Pregnancy is a time of great potential for positive change,” Dr. Nagar says. “During pregnancy, a woman can often envision a different future for herself and her child. When women are motivated to change, they may be more successful at discontinuing substance use. We are hoping to

—Continued on page 6

# Empowering, protecting

—Continued from page 5

not only change the life of the baby, but also his or her mother's life, by helping ensure healthy lives—free from addiction.”

EMPOWERED works with women to make sure they get the mental health support and medical treatment they need. Expectant and new mothers are also supported in a number of ways through St. Rose's Community Outreach Centers, including:

- Education on neonatal abstinence syndrome
- Group peer support
- Lactation support
- Parenting classes
- WIC services

“Educating mothers is a huge component of EMPOWERED,” says Holly Lyman, MPH, CLC, Director of Community Health for Dignity Health–St. Rose Dominican. “Our NAS classes help moms become experts on their own babies ... showing them symptoms to look for so they know if medical treatment is needed.”

## Connecting in the community

The EMPOWERED team continues to raise awareness of the program locally and of the resources available to help. When obstetricians and other providers know, they can guide pregnant



## Off to a difficult start

Symptoms of NAS (withdrawal) in babies:

- W** **Wakefulness**, problems with waking or sleeping
- I** **Irritability**, difficulty self-soothing, high-pitched cry
- T** **Tremors**, twitching (seizures are a rare occurrence)
- H** **Hypertonia** (stiff muscles), hyperactive reflexes (exaggerated startle reflex)
- D** **Diarrhea**, diaphoresis (sweating)
- R** **Regurgitation** (spitting up) and/or poor suck (weak or frantic)
- A** **Apnea** (breathing problems), nasal flaring
- W** **Weight loss**, failure to gain weight

women who test positive for drugs toward the help they and their babies may need.

“The entire community has been very receptive and supportive in helping fight this epidemic,” Dr. Peterson says. “We’ve received support from government offices, police, support agencies, and more. It’s been a positive experience all the way around.”

Funding for EMPOWERED was provided through the Division by Grant Number 5H79TI080265-02 from the Substance Abuse and Mental Health Services Administration (SAMHSA).

## What is NAS?

Almost every substance in a pregnant woman's blood can pass to her baby. Neonatal abstinence syndrome, or NAS, refers to the symptoms that babies may have when withdrawing from opiates, stimulants, sedatives, alcohol, and some antidepressants. Even if a medicine is used as prescribed, it may cause a baby to experience NAS. Heroin, morphine, codeine, oxycodone (OxyContin or Percocet), hydrocodone (Vicodin), meperidine (Demerol), and fentanyl are just some of the opioids that may cause NAS.



**Help is a phone call away.** The EMPOWERED help line: **702.616.4912**. Anyone can call!





### Merry, merry!

Enjoy the moment. Show yourself some kindness—and try to keep your sense of humor.

# Put more happy in your holidays

**This holiday season**, give yourself a nice gift: more merry moments.

“This time of year can be extra hectic,” says Holly Lyman, MPH, CLC, Director of Community Health for Dignity Health–St. Rose Dominican. “With a few thoughtful changes, you can make the holidays more enjoyable and less stressful.”

Holly offers these tips to help bring you peace and comfort:

- 1. Let go of perfection.** It’s OK (really!) if your guests arrive while you’re setting the table or if the sweater you gave your favorite cousin is the wrong size. Show yourself some kindness—and try to keep your sense of humor. Laughter makes for happier hearts.
- 2. Trim your to-do list.** Go ahead—cross out at least one or two things that are likely to add to your stress. You don’t have to say yes to every invitation or make cookies from scratch if you don’t enjoy baking. Focus

on what matters most to you and your family.

- 3. Catch your breath.** If your default holiday mode is overdrive, build in restorative me-time. Carve out at least a few minutes every day to recharge. Do something that gives you pleasure—for example, listening to favorite holiday tunes or taking a warm bubble bath.
- 4. Spread some holiday cheer.** Consider volunteering for a favorite local charity. You’ll be serving others—which may lift your spirits, too.
- 5. Resist overspending.** Remind yourself that real holiday spirit doesn’t revolve around pricey gifts. If you enjoy creating, consider handmade gifts. Another idea: Give the gift of your time. Offer babysitting hours—weary parents will be grateful. Clean the home of an older neighbor or someone recovering from an illness.

## Choosing to be grateful

Here are simple ways to practice being more thankful. They may help you feel more positive during the holidays—and year-round:

- Notice the blessings in your life—both big and small.
- Start a gratitude journal. Every page will have a happy ending!
- Give a sincere thank-you. Write a note or tell someone in person.



**Hello humankindness™**

*“O, be swift to love! Make haste to be kind.” —Henri-Frédéric Amiel*



# Strength to carry on

Maria Contreras has faced cancer—numerous times. She hasn’t let it stop her, and she hasn’t done it alone.

In 2005, Maria Contreras first learned she had breast cancer.

“Breast cancer does not run in my family,” says Maria. “So it was a real surprise when I was diagnosed with it.”

After her treatment, Maria was cancer-free for seven years—until 2012, when breast cancer came back. She was treated again, including having a lumpectomy. In 2016, she was diagnosed with breast cancer a third time. That’s when her doctor told her about St. Rose Dominican’s R.E.D. Rose program.



“Thanks to St. Rose and their R.E.D. Rose program, I was able to get the help I needed when I needed it the most.”

—Maria Contreras

### A real difference

With the assistance of R.E.D. Rose funding, Maria was able to get the additional treatment she needed, including a total mastectomy, chemotherapy, and radiation. She also received financial assistance to help her pay for rent and utilities. “The WomensCare/Community Outreach Centers even helped me get health insurance,” Maria says.

After finishing chemotherapy, Maria learned that the cancer had spread to her thyroid. She’s had two thyroid surgeries at St. Rose Dominican.

### Inspired and hopeful

Along the way, Maria has leaned on others and gained confidence in herself, too. “My husband travels a great deal, so I’ve had to learn how to be more self-sufficient,” Maria says. Most of Maria’s extended family is in Mexico, so they offer their support through caring phone calls.

“Through this journey, I’ve met a lot of people who have really inspired me to keep fighting even though it’s difficult,” she says. Today, Maria is hopeful she’s free of cancer. “I’m still trying to stay strong.”



**The breast cancer gene.** Wondering if you should have genetic testing for breast cancer? Learn more with a helpful tool at **StRoseReach.org**.



ROSE REGATTA DRAGON BOAT RACE & FESTIVAL

## Community strong

Dragons and boats and roses, oh my!

We’re off to the races for a good cause. Support R.E.D. Rose at the annual Rose Regatta Dragon Boat Race & Festival—cheer on racers and enjoy a great day at Lake Las Vegas!

**Races start at 8 a.m.  
Saturday, Oct. 13.**

See the full schedule at  
**lvdragonboatclub.com**.



### R.E.D. Rose closes the gap

The R.E.D. (Responsible Early Detection) Rose program is a collaborative effort between St. Rose Dominican hospitals and Susan G. Komen for the Cure. The program provides free clinical breast exams, mammograms, ultrasounds, biopsies, surgical consultations, and support services to women and men 49 and younger who lack adequate health care coverage.

Bilingual services are available. For information, call  
**702.616.7525**.

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### JADE SPONSORS

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UnitedHealthCare

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Quest Diagnostics  
Radiology Associates of Nevada



A stroke is a medical emergency. Call 911 right away.

# Stroke? Act F.A.S.T.

**During a stroke**, blood flow to the brain is blocked or interrupted. When that happens, brain cells start to die.

“When a stroke strikes, time is of the essence,” says Anthony DiCamillo, DO, a licensed neurologist with privileges at Dignity Health–St. Rose Dominican. “Quick treatment can reduce the risk of serious complications and save a life.”

Know the signs of stroke. It helps to think F.A.S.T.:

**F Face drooping.** Is one side of the face drooping or numb? Ask the person to smile—is their smile uneven?

**A Arm weakness.** Is one arm weak or numb? Ask the person to raise both arms out to their sides, and take note if one arm drifts downward.

**S Speech difficulty.** Can the person speak at all? Is speech

slurred or otherwise difficult to understand? Ask the person to repeat a simple sentence. Can they repeat it correctly?

**T Time to call 911.** If a person has any of these symptoms, call 911—even if the symptoms go away. Also let medical personnel know what time the symptoms started.

## 5 for life

What’s better than stopping a stroke? Preventing one! Here are five key prevention steps:

1. Keep blood pressure and cholesterol in healthy ranges.
2. If you have diabetes or heart disease, work with your doctor to manage your condition.
3. Maintain a healthy weight.
4. Eat a nutritious diet.
5. Get regular exercise.

Sources: American Heart Association; National Institutes of Health; National Stroke Association

## St. Rose shines in stroke care

Dignity Health–St. Rose Dominican’s effective efforts to speed recovery and reduce death and disability in stroke patients has been recognized by the American Heart Association/American Stroke Association.

**The Rose de Lima and Siena Campuses** earned the AHA/ASA’s 2018 Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award.

**The San Martín Campus** earned the 2018 Get With The Guidelines® – Stroke Silver Plus Quality Achievement Award, and both the **San Martín** and **Siena Campuses** qualified for the Target: Stroke Honor Roll.



# For your health

Calendar of classes and events | Fall 2018



**Registration:** For classes that require registration, you can sign up 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.

## Fitness

### Dragon Boat Paddling

Open to all paddlers for fun and fitness. Dates, times, and registration at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).

**LLV** \$10 per person

### Enhance Fitness

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, 10 to 11 a.m.**

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

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

**GV** FREE

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

**Tuesdays and Thursdays, 9 to 10 a.m.**

**WEST** FREE

**Mondays, Wednesdays, and Fridays, 8 to 9 a.m.**

City of Henderson Heritage Park Senior Center: FREE



### Zumba GOLD

Show aging who's boss with this low-impact dance for the young at heart.

**Wednesdays, 11 a.m. to noon**

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

### Walking Clubs

All ages and fitness levels. Call **702.616.4902** for seasonal meeting location.

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

### Ageless Woman Workout: Osteoporosis Exercise

Target aging zones with breathing and movements.

**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.

**Mondays, Wednesdays, and Fridays, 9 to 10 a.m.**

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

**Tuesdays, Thursdays, and Fridays, 10 to 11 a.m.**

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

### Yoga for Beginners (for all levels)

Learn alignment and foundational concepts to deepen your yoga practice.

**Mondays, 5:30 to 6:30 p.m.**

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

### Take it Easy Yoga

Pre-beginner class done with assistance of a chair. No floor work involved.

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

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



## Rose Regatta Dragon Boat Festival

For more information on the annual Rose Regatta, visit [roseregatta.org](http://roseregatta.org) or call **702.492.8557**.

**Saturday, Oct. 13, 8 a.m. to 5 p.m.**  
Lake Las Vegas

### Mixed-Level Yoga

Requires experience beyond basic beginner. Bring a block and strap, if possible.

**Mondays, Wednesdays, and Fridays, 7:45 to 8:45 a.m.**

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

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

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

### Vinyasa Flow Yoga (Beyond the Basics)

Follow your breath and move through yoga postures to build strength, balance, and flexibility.

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

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

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

**MORE** >

## Uninsured?

Open enrollment is **Nov. 1 through Dec. 15**. We will have Exchange Enrollment Facilitators available at all of our Outreach Centers and in the Neighborhood Hospitals. The number to call is **702.616.4904**.



LOCATION KEY  
(See full key and map on page 12.)





# For your health

Calendar of classes and events | Fall 2018



**Registration:** For classes that require registration, you can sign up 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.

## Tai Chi

Learn graceful moves for balance and relaxation.

**Beginning:** Mondays, 12:30 to 1:30 p.m.

**Intermediate:** Wednesdays, 1:30 to 2:30 p.m.

**GV** \$3 per session or 10 sessions for \$20

## Tai Ji Quan: Movement for Better Balance

For adults at risk for falls.

**Mondays and Wednesdays, 8 to 9 a.m.**

**Wednesdays, 2:30 to 3:30 p.m.**

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

**GV** FREE

## Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

**Tuesdays, 10 to 10:45 a.m.**

**WEST** FREE

## Belly Dancing

**Saturdays, Oct. 13, Nov. 10, Dec. 8, 10:30 a.m. to noon**

**WEST** FREE

## Nutrition

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, Nov. 7, 6 to 8 p.m.**

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

## Nutrition Consultations

Meet with a registered dietitian for a personal consultation. All insurances welcome and cash discounts available.

**Flexible, convenient times available Monday through Friday. Call 702.616.4975.**

## Wellness

### Relax and Paint

Join us for an evening of creativity as we paint.

**Wednesday, Oct. 24, 6 to 9 p.m.**

**GV** \$5. Registration required; prepay materials fee.

### Essential Oils

Join a certified aromatherapist to learn how to safely and properly use essential oils.

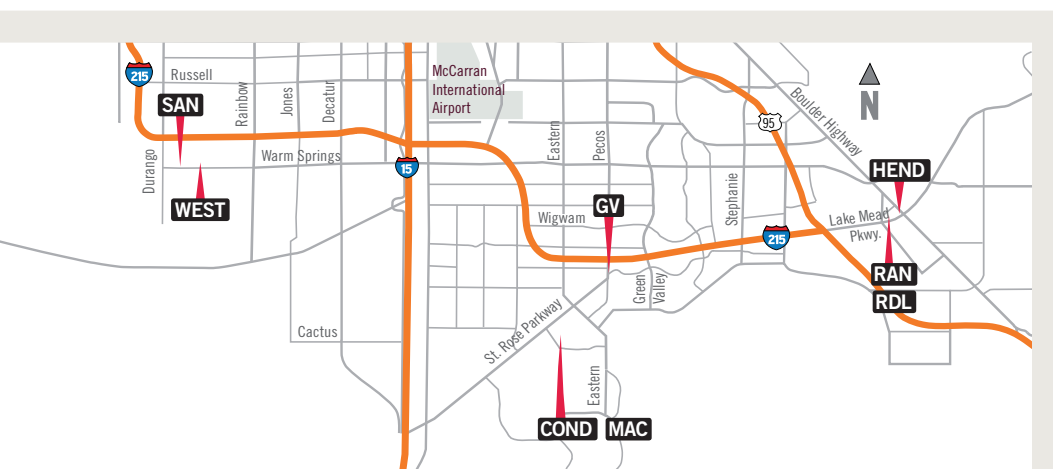
**Thursdays, Oct. 25 and Nov. 29, 6 to 8 p.m.**

**GV** FREE

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

## We're here for you

St. Rose Dominican's Senior Peer Counseling Program provides confidential, personal, supportive counseling from peers to help face life's challenges and changes. Call **702.616.4902** for information.



## LOCATION KEY

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

**LLV** Lake Las Vegas



## Weight-Loss Surgery Seminars

Come learn about the benefits of bariatric surgery and meet our bariatric surgeons and team. Get information and questions answered in this friendly, supportive atmosphere.

**GV** FREE

**Tuesday, Oct. 2,**  
6 to 7 p.m.

**Thursday, Oct. 18,**  
6 to 7 p.m.

**Tuesday, Nov. 6,**  
6 to 7 p.m.

**Thursday, Nov. 15,**  
6 to 7 p.m.

**Tuesday, Dec. 4,**  
6 to 7 p.m.

**Thursday, Dec. 20,**  
6 to 7 p.m.

### Balancing Energy Fields

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

**Fridays, Oct. 12 to Nov. 16,**  
1 to 3:30 p.m.

**WEST** \$5

### Healthier Living

This six-week chronic disease self-management program teaches techniques to deal with frustration, fatigue, pain, and isolation. Also get exercise strategies, healthy eating tips, and more!

**Fridays, Oct. 12 to Nov. 16,**  
1 to 3:30 p.m.

**GV** FREE

### Energy Healing Circle

Reduce stress and heal with chakra balancing.

**Wednesdays, Oct. 3, Nov. 7,**  
Dec. 5, 7 to 8 p.m.

**WEST** FREE

### AARP Smart Driver Program

Reduce your car insurance rates; \$15 members, \$20 for nonmembers (checks only, made out to AARP).

**Monday, Oct. 8, Nov. 12, or**  
Dec. 10, 9 a.m. to 1 p.m.

**Wednesday, Oct. 24, Nov. 28,**  
1 to 5 p.m.

**GV**

**Tuesday, Oct. 23, Nov. 27,**  
1 to 5 p.m.

**HEND**

### AARP Smart DriverTEK

This AARP workshop helps drivers understand how the newest car technology works and can make driving safer and more enjoyable. Class is \$5 (checks only, made out to AARP).

**Wednesday, Oct. 24 or**  
Nov. 28, 10:30 a.m. to noon

**GV**

### Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

**Tuesday, Nov. 13, 9 to 11 a.m.**

**GV** FREE

### Relaxation Meditation

Practice techniques that promote peace and health.

**Tuesdays, Oct. 9, Nov. 13,**  
Dec. 11, 5:30 to 6:30 p.m.

**GV** FREE

**Wednesdays, Oct. 3, Nov. 7,**  
Dec. 5, 5:45 to 6:45 p.m.

**WEST** FREE

### The Mind Spa: Creative Journaling

Be a happier, healthier, calmer you with creative journaling and guided meditation.

**Tuesdays, 1:30 to 2:30 p.m.**

**GV** FREE

**Wednesdays, 1 to 2 p.m.**

**HEND** FREE

### Communication through Sign Language

Learn basic signs to increase communication in this three-week workshop for adults.

**Fridays, Nov. 2, 9, 16, 3:30 to**  
5 p.m.

**GV** FREE

**Fridays, Nov. 30, Dec. 7, 14,**  
3:30 to 5 p.m.

**WEST** FREE



### Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

**Thursday, Oct. 18, Wednesday,**  
Nov. 21, Thursday, Dec. 20,  
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, Oct. 11, 25,**  
Nov. 8, Dec. 13, 10 a.m.

to noon

**GV** FREE

**Thursdays, Oct. 11, 25,**  
Nov. 8, Dec. 13, 11:30 a.m.

to 1:30 p.m.

**WEST** FREE

### Help Helping Hands!

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

## Stop the Bleed



In partnership with the city of Henderson, St. Rose Dominican is offering "Stop the Bleed" training for the public.

Training provides lifesaving skills people can use to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive.

**Thursday, Nov. 15, 5 to 6 p.m.**

**GV** FREE



**MORE**



**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

Calendar of classes and events | Fall 2018



**Registration:** For classes that require registration, you can sign up 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.

## Diabetes Management

### What Is Prediabetes?

Learn from a registered dietitian how to avoid or delay diabetes.

**Friday, Oct. 12, 9 to 11 a.m.**

**Tuesday, Nov. 6, 3 to 5 p.m.**

**Wednesday, Dec. 12, 9 to 11 a.m.**

**GV** \$10

**Thursday, Dec. 13, 4 to 6 p.m.**

**WEST** \$10

### Diabetes Survival Skills

Join a diabetes educator to learn how to manage your newly diagnosed diabetes.

**Friday, Oct. 19, 10 a.m. to noon**

**GV** \$20

### National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes. Call **702.616.4975** to enroll in this 12-month program.

**Wednesdays, starting Oct. 3, 4 to 5 p.m.**

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

### Diabetes Self-Management Program 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 **702.616.4975** for details.

### Comprehensive Diabetes Training and Education

For those newly diagnosed with diabetes or those needing a refresher course, this three-hour class in three weekly sessions provides nine hours of comprehensive training.

**A variety of class times and days available; please call 702.616.4975 for details.**

**Physician referral and individual visit required prior to class.**

**GV**

### Diabetes Self-Management Program

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

**Wednesdays, Oct. 10 through Nov. 14, 9:30 a.m. to noon**

**GV** 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.

**Wednesday, Oct. 17, 10 to 11:30 a.m.**

**HEND** FREE

**Thursday, Nov. 29, 10:30 a.m. to noon**

**WEST** FREE

**Wednesday, Dec. 19, 6 to 7:30 p.m.**

**GV** FREE

## 13th Annual Pet Blessing and Animal Fair

Join us for a fun day with your beloved critters!

**Saturday, Nov. 3, 1 to 3 p.m.**

See page 16.



## Heart & Stroke Programs

### Eating for a Healthy Heart

Learn to eat for a healthy heart—manage hypertension, high cholesterol, and high triglycerides through nutrition. A dietitian-led, hands-on approach makes this an interactive class with personalized strategies.

**Monday, Oct. 22, 4:30 to 6 p.m.**

**Thursday, Dec. 13, 10 to 11:30 a.m.**

**GV** FREE

**Tuesday, Nov. 13, 1 to 2:30 p.m.**

**WEST** FREE

## Stepping On: Fall Prevention Program

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

**Mondays, Jan. 21 to March 4, 2019, 2:30 to 4:30 p.m.**

**GV** FREE







## Hello humankindness.

**We can't wait to meet you!** Fun, friends, and fellowship—it's here for you. See how others have found support and community in St. Rose classes and programs. Watch the video at [StRoseReach.org](http://StRoseReach.org).

## Smoke Free!

### Freedom from Smoking

Kick the habit with this supportive, multistep American Lung Association program.

**Mondays, Oct. 1 to Nov. 12, plus Wednesday, Oct. 24.**

**HEND** FREE

### Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, Dec. 5, 6 to 8 p.m.**

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

## Cancer Screenings & Survivorship

### FIT Colon Test

Are you 50 or older? Take home a colorectal cancer F.I.T. (fecal immunochemical test) screening kit, return your sample to an Outreach Center, and receive test results by mail.

**GV HEND** \$15

### Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the Mammovan at **877.581.6266** if you are 50 or older. Funded by Susan G. Komen for the Cure.

LOCATION KEY: (See full key and map on page 12.)

## Screenings

### Do You See What I See?

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

**Wednesday, Nov. 28, 10 a.m. to noon**

**GV** FREE. Appointment required.

### Health Screenings and 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, Nov. 15, 7 to 10 a.m.**

**GV** See prices above. Appointment required.

**Thursday, Dec. 13, 7 to 9 a.m.**

**WEST** See prices above. Appointment required.

## Metabolic Testing

**GV** \$45. Call **702.616.4975** for an appointment.

## Support Groups

- AA Co-Ed  
**MAC** Thursdays, 7 p.m.  
**SAN** Sundays, Mondays, Tuesdays, Fridays, 7 p.m.
- AA for Women  
**GV** Mondays, 7 p.m., and Wednesdays, noon
- Al-Anon  
**MAC** Saturdays, 10:30 a.m.
- ALS Support
- Alzheimer's Support
- Arthritis Support
- Bereavement Support
- Better Breathers COPD
- Circle of Friends Discussion
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support  
**First Wednesday, monthly, 10 to 11 a.m.**
- Gamblers Anonymous
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Widows Support

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

## Powerful Tools for Caregivers

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!

**Mondays, Jan. 21 through Feb. 25, 2019, 10 a.m. to 12:30 p.m.**

**GV** FREE



# Gavin speaks

Learn just how  
he wiggles his  
way into hearts

For **Brenda DiVincenzo**, the best part about visiting patients with her pet therapy dog, Gavin, is watching him brighten people's days. "I enjoy sharing Gavin with people and seeing the meaningful difference he makes," she says.

For seven years, Brenda and Gavin have been sharing their time and compassion with St. Rose Dominican patients. Recently, *Reach* caught up with the caring duo. *Side note: Gavin's dog breed, vizsla, originated in Hungary. So we were a bit surprised by his Scottish accent.*

**Q.** How did your career get started?



Photos by Brenda DiVincenzo



**A.** I'm a rescue. Brenda adopted me as a wee pup. At age 4, she saw my potential and enrolled me in pet therapy training. I was a natural, a real rock star, as the kids say.

**Q.** What's a good day at St. Rose?

**A.** I get to meet a lot of interesting people. They pet me, ask Brenda questions about me, and show us their pet pictures. Did I mention I get back scratches?

**Q.** How do you think Brenda would describe you?

**A.** Aye, good question. Let's go with oh-so-handsome and calm under pressure.

## 13th annual Pet Blessing and Animal Fair

**Saturday, Nov. 3, 1 to 3 p.m.**

San Martín Campus: Healing Garden  
8280 W. Warm Springs Road,  
Las Vegas

**Treat your pets to a fun day:**

- A group pet blessing at 2:30 p.m.
- A variety of pet-related booths with information, demonstrations, and drawings
- Light refreshments

**Contest prizes will be awarded for:**

- Best Dressed
- Best Trick
- Best Pet/Owner Look-Alike

**Toss us your towels!** We're asking for clean, new, or used towels to donate to local pet shelters.

For more information,  
call **702.492.8509**.



**Q.** What's your secret to making people happy?

**A.** Some say it's my wiggly *bahookie*—oh, maybe I should explain. I do this thing where my whole backside moves whenever I wag my tail—like Elvis performing "Hound Dog." But here's the real trick: I'm genuinely interested in people. They make *me* happy.

**Q.** How do you enjoy your spare time?

**A.** I like to snuggle—I'm a 65-pound lapdog. And I love hanging out with my brother, Copper. We're quite a pair!



**Get more Gavin at [StRoseReach.org](http://StRoseReach.org)! See his happy wiggle caught in action—and photos of him and Copper.**