

# Reach

Together in health and happiness

**The New Life issue**

Spring 2018



**New! Bracing on the inside**

High-tech technique helps  
knees and ankles heal faster

**Best for mom and baby, too**

Some perhaps surprising  
benefits of breastfeeding

**All about the kids**

Our pediatric ER is  
designed just for them

# It's a new day!

**Springtime in southern Nevada** feels like a gift—the wonder of wildflowers blooming in the desert, the boundless blue sky. In this issue of *Reach*, we celebrate all that's new—from new life to renewed health.

We're enjoying a bit of a revival, too, with our magazine's new look. We hope you like the fresh way it helps us share stories of healing and *humankindness*.

In "Strong and Steady," page 4, we highlight innovative surgical techniques that can help people recover faster from knee and ankle injuries—and get back to their active lives sooner. Don't miss Sam Thomas' story on page 6. See how custom knee implants gave a boost to this busy baseball coach.

When it comes to renewal, there's nothing like a good night's rest. On page 10, see all you have to gain from better sleep.

We've also sprinkled in some fresh tips on growing—and cooking with—herbs. Food for thought...enjoy!

## 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.

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### Greg Preston

Sampsel Preston Photography: Pages 2, 4, 5, 6

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### Innovative and new!

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### Why breastfeed?

Find out why breastfed is best-fed for your baby—and why it's good for you, too!

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### Just for kids

When your child is ill or hurt, you want the best care. Check out our specialized ER.

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## Online

See more great *Reach* content:

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



### Pretty please with a cherry on top!

Give bread new life with this sweet recipe: Very berry whole-wheat bread pudding.



**Babies: True or false?** Test your know-how about caring for wee wonders.

Find a doctor, locations, and services:

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





# Why I give ...

“It has been an honor and a privilege to be a part of the Dignity Health–St. Rose Dominican team for the past 10 years. I feel true happiness at work being part of the St. Rose family. How über-cool to feel joy in the workplace while continually being inspired by the mission of the founding Catholic Sisters and the amazing work from colleagues in every department.

Though I hope my daily efforts contribute positively to the overall mission of our hospitals, I feel drawn to give back as a way to broaden my ability to help our patients, help our community, and help carry out the mission of our hospitals.”

—Julie Seidlinger, PharmD, Medication Safety Officer/  
Clinical Pharmacist

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.

## Bring your own fresh herbs to life

To grow fresh herbs, plant your favorites—from seed or starts—in a sunny spot with well-drained soil. With good conditions, many varieties will grow well in our desert conditions. Water them as needed—but skip the pesticides.

Create a raised bed of delicious herbs for cooking—and snip leaves as you need them. Basil, chives, mint, and parsley can also thrive in containers.



**Sow good!** Get more tips and ideas for delicious herb-food pairings for popular and tasty herbs on page 16.





# Strong & steady

Orthopedic surgeon offers new life to injured knees and ankles with advanced technology

**Brace yourself.** That's something we might say to ourselves—or someone we care about—to help face a bump in the road with strength and resilience.

When that hard knock is a knee or ankle injury, orthopedic surgeon Roddy McGee, DO, is offering his patients a super-strong internal brace. This innovative technique helps people bounce back quicker—and with less discomfort—from injuries.

Dr. McGee uses this internal bracing technique to repair common sports-related mishaps, including ACL (anterior cruciate ligament) injuries in knees, Achilles tendon ruptures in ankles, and elbow injuries.

With this internal bracing technique, surgeons can use smaller incisions, so there's less pain and swelling. "The faster recovery times mean you can return to an active life quicker," Dr. McGee says. "The internal brace is a super-strong suture material that repairs the injury, provides temporary stability during healing, and is anchored into the bone. The plastic anchor eventually dissolves."

◀ **Jumping back into life.** Casey Craven was trying out for *American Ninja Warrior* when his Achilles tendon gave out. But it's not stopping him now.

### From tattered and torn to strong and steady

If you're a sports fan, you know that many knee injuries involve the ACL, the smallest of the four main ligaments in the knee. It is the main stabilizing ligament in the center of the knee. It keeps your shinbone (tibia) from sliding forward and rotating on your thighbone (femur).

Treatment for ACL injuries is typically reconstruction, often using tendons from other places in the body. By using the internal brace technique, surgeons can offer additional strength and support to the reconstructed ligament. It stabilizes the ligament, helping it heal at an appropriate length. It accelerates recovery—allowing people to walk more naturally and return to their activities sooner.

### 'I knew what happened immediately'

Your Achilles tendon is the largest tendon in your body, connecting your calf muscle to your heel bone. You need it for walking, running, and jumping. It's strong, but it can still be vulnerable to painful injuries in both professional and recreational athletes.

Just ask Casey Craven. In February 2017, Casey was trying out for a regional level of *American Ninja Warrior* when his Achilles gave out in a painful and dramatic way.

"I was on the last obstacle, the 18-foot warped wall, when it popped. I knew what happened immediately," Casey says. "It was an intense pain that felt like someone hit me in the back of the calf with a baseball bat."

Dr. McGee repaired Casey's Achilles with the internal brace technique. As with ACL repairs, internal bracing offers added stability—through a single small incision. Several sets of strong sutures tie together the ends of the tendon. This internal infrastructure braces the tendon during healing. Again, the result is less pain and a speedier recovery.

"Previous repair techniques would require the patient to be in a cast for six months," Dr. McGee says. With the internal brace technique, patients typically recover much more quickly, he says.



Roddy McGee,  
DO  
Orthopedic  
surgeon

"The faster recovery times mean you can return to an active life quicker."

Casey wore a boot for four weeks before he went back to his job as an operating room technician—and to his athletic pursuits, as well. He hasn't had a problem since, even doing strenuous workouts, he says.

—Turn the page for more on the custom solutions Dr. McGee brings his patients.

### Great Scott!

Professor Gordon Mackay, a leading sports surgeon from Glasgow, Scotland, developed the internal brace technology for joints. This innovative solution is now bringing relief to athletes and active people in southern Nevada, thanks to orthopedic surgeon Roddy McGee, DO.



**Do you know what R.I.C.E. stands for?** It's a good first treatment for mild sprains and strains. It can reduce your discomfort and help you heal faster. Learn it to the letter at [StRoseReach.org](https://www.strosehospitals.org). What if you need medical help for an injury? To check out our handy option for online emergency room scheduling, see page 9.



# One coach's game plan: Get it done!

## A kinder and custom approach to knee replacement

**Sam Thomas**, baseball coach at Las Vegas High School, knows how important having the right equipment is to sports success. For him, that includes two custom knee implants.

When Sam first considered knee replacement at the age of 52 to relieve the pain of osteoarthritis, he thought maybe he was too young. He'd heard he should wait until he was at least 55.

But advances in total knee replacement convinced him otherwise, and today he's really happy with his custom implants. He got his right knee replaced in June 2015—and then his left in August 2017.

### A perfect fit

In the past, orthopedic surgeons had to rely on “off-the-shelf” knee implants from a range of standard sizes, says Roddy McGee, DO (pictured above with Sam). That required surgeons to adjust the bones in the joint to fit the implant. Today, Dr. McGee uses implants that are customized specifically for the patient—the ConforMIS customized knee implant.

How does it work? A CT scan of the patient's knee is converted to a 3-D model. It's used to design an implant to match the knee

precisely. The custom fit follows the shape and contour of each patient's knee—so the bone doesn't have to be altered as much to make it fit. After surgery, these custom knees feel more natural and cause less pain than standard implants.

Sam's advice? “Don't wait—get it done,” he says. “Less bone is being removed, so even if I do have to have a knee replacement again sometime in the future, I'd feel very comfortable doing it. In fact, the second replacement actually felt better quicker than the first.”



**Move forward with confidence.** Find an orthopedic surgeon who does custom knee replacements at St. Rose Dominican by calling **702.616.4900**.



# Choosing to breastfeed

So many good reasons why...

## Benefits for babies

- Provides antibodies that protect infants from illness
- Reduces the risk of sudden infant death syndrome (SIDS)
- Lowers health risks in childhood and beyond, including for asthma, obesity, and type 2 diabetes

## Benefits for moms

- Helps women heal after childbirth
- May lower health risks in mothers, including for type 2 diabetes, ovarian cancer, and certain types of breast cancer
- Releases the feel-good hormone oxytocin, which can have a calming effect for moms

## Breast milk

- Is easier for babies to digest
- Adjusts to meet a baby's changing nutrition needs
- Saves families money and time

**We're here to help.** If you have questions once you go home, our certified lactation consultants are just a phone call away.



## Let us show you around

Take a tour of the Birth Centers at either the Siena Campus (on the third floor) or San Martín Campus (on the second floor). Meet our staff and see where your baby can be born. Family members are welcome. Sign up at [StRoseHospitals.org/classes](https://StRoseHospitals.org/classes).

# Here for the children

Our dedicated ER  
was built with  
kids in mind



We understand that kids are not simply mini adults.  
Their medical and emotional needs are unique.

That's why St. Rose Dominican's Siena Campus has a dedicated children's emergency room that offers specialized care and a warm touch. It's one of the only child-specific ERs in southern Nevada.

In case of emergency, you want to know your child is in the best of hands. Features of our children's emergency room include:

**Always open.** Day or night, if your child needs our services, we're

here for you. Our staff includes specially trained pediatric emergency medicine doctors and nurses.

**Kid-friendly setting.** Our pediatric ER is separate from the main ER. You'll find toys and other items to help make your child's experience as reassuring and comfortable as possible.

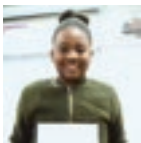
**Level III Trauma Center.** We stand ready to provide care for a wide

range of pediatric emergencies, including surgery and intensive care.

**Collaborative care.** Once you leave the hospital, we'll coordinate with your family's doctor to ensure that your child receives any needed follow-up care.

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**Where to find us.** The Siena Campus Children's ER is located at 3001 St. Rose Parkway in Henderson. You can select an arrival time online at [StRoseHospitals.org/ER](https://www.StRoseHospitals.org/ER).



**Need a smile?** Watch sweet videos of kids connecting through kindness. With The Great Kindness Challenge, Dignity Health celebrates the power of a caring connection. Link to the videos—and learn more about this positive and powerful program—at [StRoseReach.org](https://www.StRoseReach.org).

**Hello humankindness™**





## Wait in the comfort of home

When you need immediate medical care, the time spent waiting in the emergency room can make you more anxious. Now you can select an estimated arrival time and wait at home.

**Our online waiting room**  
Go to **StRoseHospitals.org/ER**.

You can search by location, see wait times, and select an arrival time for these St. Rose Dominican ERs:

- Rose de Lima Campus
- San Martín Campus
- Siena Campus
- Siena Campus Pediatrics

### CHOOSING WISELY

## Urgent care vs. Emergency care

Where do you go when you need medical care quickly—say for a bump, a bruise, or a bellyache? Urgent care centers can manage many minor illnesses and injuries.



### GO TO URGENT CARE FOR MILD OR MINOR:

- ✓ Allergic reactions or rashes
- ✓ Cuts, burns, or wounds
- ✓ Headaches
- ✓ Illnesses, such as colds, sore throats, earaches, and low-grade fevers
- ✓ Injuries, such as back pain, sprains, and strains
- ✓ Nausea, vomiting, or loose stools

**Play it safe.** This chart is not a complete list or medical advice. If you think you have something serious or life-threatening, seek emergency care right away.



### CALL 911 OR GO TO THE ER FOR:

- ✓ Allergic reactions with trouble breathing, hives, or swelling
- ✓ Chest pain that lasts for more than a few minutes
- ✓ Difficulty breathing
- ✓ Heavy bleeding, severe burns, or deep wounds
- ✓ High fever with a headache or stiff neck
- ✓ Injury to the neck, spine, or head, especially with other symptoms
- ✓ Passing out, fainting, or seizures
- ✓ Poisoning or overdose
- ✓ Serious injuries, such as broken bones
- ✓ Severe and persistent vomiting or diarrhea
- ✓ Sudden severe headache or pain, such as in the jaw or arm
- ✓ Sudden confusion, weakness, loss of balance, face drooping, blurred vision, or slurred speech



**Find convenient care near you.** The new Dignity Health Urgent Care Center is here when you need us. Call **702.616.7780** for hours and information.

Sources: American College of Emergency Physicians; National Institutes of Health; Urgent Care Association of America



# Sleep well for a better life



**Michelle Mark, DO**  
Family medicine  
physician

**Your body and brain** are actually very busy while you sleep. Hormones are being released. Cells are being repaired and rejuvenated. Energy is restored.

“How well you sleep at night can have a big effect on how you feel and the quality of your life,” says Michelle Mark, DO, a family medicine physician with Dignity Health Medical Group Nevada. “A good night’s sleep is vital to your physical health and well-being.”

**It’s a brand-new day!** Regularly getting a good night’s sleep can:

- Help reduce stress
- Improve your ability to learn and solve problems
- Enhance your creativity
- Boost your memory
- Make you more alert and heighten your decision-making skills
- Help keep your blood sugar levels stable
- Lower your risk of depression, anxiety, and obesity



**Find a doctor who puts the humanity in health care.** Look online at [StRoseHospitals.org](https://www.StRoseHospitals.org). Or talk to an expert who can help match you with a doctor—24 hours a day, 7 days a week—at **702.616.4900**.

## 4 tips to fall into sweet ZZZs

### 1. Stick to a schedule.



Try to establish a consistent sleep pattern.

### 2. Relax before bed.

A calming routine can help cue your body that it’s time to sleep.

### 3. Power down.

If you have trouble falling asleep, shut down electronics at least one hour before bed. The light they emit may keep your brain alert.

### 4. Create a sleepy retreat.

Keep your bedroom as cool, dark, and quiet as possible.



# For your health

Calendar of classes and events | Spring 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. Dates, times, and registration at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).

**LIV** \$10 per person

### Walking Clubs

All ages, fitness levels. Strollers welcome. Call **702.616.4902** for seasonal meeting location.

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

### Take It Easy Yoga

Pre-beginner class done with assistance of a chair. No floor work involved. Appropriate for prenatal students.

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

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

### Gentle Yoga

Gain flexibility and balance.

**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

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

### 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

### Mixed-Level Yoga

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

**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.**

**Fridays, 10:20 to 11:20 a.m.**

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

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

### Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

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

**WEST** FREE

### Belly Dancing

**Saturdays, April 14, May 12, June 9, 10:30 a.m. to noon**

**WEST** FREE

## Nutrition

### Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you complete and submit your SNAP application. Call **702.616.4905** for an appointment.

**Tuesdays, 8 a.m. to noon**

**GV** WIC: FREE

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, May 23, 6 to 8 p.m.**

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

**Tuesday, July 31, 6 to 8 p.m.**

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

### Nutrition Consultations

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

**Flexible, convenient times available Monday through Friday. 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. Also get exercise strategies, healthy eating tips, and more!

**Mondays, April 30 to June 11, 1:30 to 4 p.m.**

**GV** FREE

### Energy Healing Circle

Reduce stress and heal with chakra balancing.

**Wednesdays, April 4, May 2, June 6, 7 to 8 p.m.**

**WEST** FREE

MORE ➔

## Uninsured?

Make an appointment with one of our Exchange Enrollment Facilitators. Call **702.616.4904**.





# For your health

Calendar of classes and events | Spring 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.

## Balancing Energy Fields

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

**Wednesdays, April 11, May 9, June 13, 6 to 8 p.m.**

**WEST** \$5

## Relaxation Meditation

Practice techniques that promote peace and health.

**Wednesdays, April 4, May 2, June 6, 5:45 to 6:45 p.m.**

**WEST** FREE

**Tuesdays, April 10, May 8, June 12, 5:30 to 6:30 p.m.**

**GV** FREE

## Relax and Paint

Join us for an evening of creativity as we paint.

**Thursday, May 24, 6 to 9 p.m.**

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



## 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

## Safe Sitter

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

**Saturday, April 28, 9 a.m. to 3:30 p.m.**

**GV** \$20 (includes lunch)

## Diabetes Management

### What Is Prediabetes?

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

**Tuesday, April 24, 9 to 11 a.m.**

**Thursday, May 17, 4 to 6 p.m.**

**GV** \$10

**Wednesday, June 20, 5 to 7 p.m.**

**WEST** \$10

## 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.

**Thursdays, starting April 5, 6 to 7 p.m.**

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

## Gestational Diabetes

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

## 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**

## 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.

**Thursday, April 19, 6 to 7:30 p.m.**

**Thursday, May 10, 6 to 7:30 p.m.**

**Tuesday, May 22, 6 to 7:30 p.m.**

**Tuesday, June 5, 6 to 7:30 p.m.**

**Thursday, June 21, 6 to 7:30 p.m.**

**GV** FREE



## LOCATION KEY

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

**LLV** Lake Las Vegas



### Stanford Diabetes Self-Management Program

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

**Thursdays, May 3 to June 7, 3 to 5:30 p.m.**

**HEND** FREE

### Diabetes Survival Skills

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

**Thursday, May 24, 3 to 4:30 p.m.**

**GV** \$20

**Wednesday, June 27, 5:30 to 7 p.m.**

**WEST** \$20

### 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, April 25, 10 to 11:30 a.m.**

**HEND** FREE

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

**WEST** FREE

**Wednesday, June 20, 6 to 7:30 p.m.**

**GV** FREE

### Heart and 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.

**Wednesday, April 18, 6 to 7:30 p.m.**

**GV** FREE

**Tuesday, May 8, 1 to 2:30 p.m.**

**WEST** FREE

**Wednesday, June 20, 3 to 4:30 p.m.**

**GV** FREE

### Smoke Free!

#### Freedom from Smoking

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

**Mondays, April 9 to May 21, 5:30 to 7:30 p.m.**

**HEND** FREE

#### Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

**Thursday, June 21, 6 to 8 p.m.**

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

### Cancer Screenings & Survivorship

#### Cancer Thriving & Surviving

Are you a patient in treatment or a cancer survivor? This six-week interactive program enhances regular treatment and provides patients the tools they need to better self-manage their health while living with cancer.

**Tuesdays, April 3 to May 8, 1 to 3:30 p.m.**

The Caring Place:  
3711 E. Sunset Road, Suite 1.  
Call **702.871.7333**.

#### 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 or younger. Funded by Susan G. Komen for the Cure.

### Screenings

#### 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, May 17, 7 to 10 a.m.**

**MAC** See prices above.

Appointment needed.

**Thursday, June 14, 7 to 9 a.m.**

**WEST** See prices above.

Appointment needed.

#### 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
- ALS Support
- Alzheimer's Support
- Arthritis Support
- Bereavement Support
- Better Breathers COPD
- 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.**
- Divorce Support
- Gamblers Anonymous
- Infertility Support
- Kijiji Circle
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Narcotics Anonymous
- Parenting Support
- **NEW!** Postpartum Depression and Anxiety Hotline: **702.970.8580**
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: Bereavement support for adults

**MORE**



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

**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 | Spring 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.

## 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](http://lasvegas.fit4mom.com) or by calling **702.882.1795**.

**Saturdays, 10 to 11 a.m.**

**GV** 10 classes for \$110

### Car Seat Safety Checks

Call **702.616.4902** for an appointment.

**Tuesdays, April 3, May 1, June 5, 10 a.m. to noon**

**WEST** \$10

**Fridays, April 13, May 11, June 8, 1 to 5 p.m.**

**GV** \$10

**Fridays, April 20, May 18, June 15, 1 to 5 p.m.**

**GV** \$10

#### LOCATION KEY

(See full key and map on page 12.)

## R.I.S.E.

Restore, inspire, support, and educate—a support group for moms and families.

**Fridays, April 13, 27, May 11, 25, June 8, 22, noon to 1 p.m.**

**GV**



## Prenatal classes

### Baby Basics

**GV** \$30

### Breastfeeding

**GV** \$30

### Childbirth Express

**GV** \$35

### Daddy Boot Camp

**GV** \$20

### Gestational Diabetes Consultations

Call **702.616.4975**.

### Infant CPR

**GV** \$20

### Prepared Childbirth

**GV** \$50

### 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.

**GV WEST** \$40

### 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

## Infants, Children & Parenting

### Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com).

**Fridays, 12:30 to 1:30 p.m.**

**GV** 10 classes for \$110

### Zumbini

Designed for kids ages 1 to 4 and their caregivers, Zumbini combines music, dance, and educational tools for 35 minutes of bonding and fun!

**Tuesdays, 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m.**

**WEST** FREE

**Thursdays, 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

**Hello humankindness™** “Three things in human life are important: The first is to be kind; the second is to be kind; and the third is to be kind.” —Henry James  
Follow **@humankindness** on Twitter for more kindness inspiration from Dignity Health.



## FREE Birth Center Tours

**San Martín Campus:** Third Saturday mornings and every Tuesday evening

**Siena Campus:** First and third Saturday afternoons and second and fourth Monday evenings

Register at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

### 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

A development playgroup for babies up to age 1.

**Mondays, 2 to 3 p.m.**

**GV** FREE

### Sing and Sign: Food Time

Learn 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.**

**GV** FREE

**Thursdays, April 5 and 19, May 3 and 17, June 7 and 21; 1 to 1:30 p.m.**

**WEST** FREE

**Fridays, April 20, May 18, June 15, 11 to 11:30 a.m.**

**HEND** FREE

### Infant Nutrition

A registered dietitian leads a weekly mommy-baby group focused on homemade baby food, weaning, starting solids, and more.

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

**GV** FREE

### Wee Can Sign: Baby Sign Language Level I

Three-week series for parents with babies up to 1 year old. Visit [weecansign.com](http://weecansign.com).

**Thursdays, April 5, 12, and 19, 10:15 to 11:15 a.m.**

**Saturdays, April 21, 28, and May 5, 10:30 to 11:30 a.m.**

**Thursdays, June 7, 14, and 21, 10:15 to 11:15 a.m.**

**Saturdays, June 16, 23, and 30, 10:30 to 11:30 a.m.**

**WEST** \$69 (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](http://weecansign.com).

**Thursdays, May 3, 10, 17, 10:15 to 11 a.m.**

**Saturdays, June 16, 23, 30, Noon to 12:45 p.m.**

**WEST** \$69 (includes Pick Me Up kit)

### 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.

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

**HEND** FREE

✧ Off to a healthy start! Find more helpful resources for families at [nvmch.org](http://nvmch.org).



## 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

## My Baby App

Dignity Health's new My Baby App provides valuable advice during your pregnancy journey. Download the My Baby App from the App Store or Google Play to track your pregnancy milestones, identify symptoms, and connect to services for a healthier pregnancy.



**My Baby**

By Dignity Health®

### Fresh Start: Pre-K Ready!

A series of preschool readiness activities led by The Children's Cabinet.

**First and third Wednesdays, April 4 and 18, May 2 and 16, June 6 and 20, 2 to 3 p.m.**

**WEST** FREE

**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 6, 20, May 4, 18, June 1, 15; 10 to 11 a.m.**

**HEND** FREE

### Parenting with a Purpose and Pancakes!

Learn Love and Logic techniques over healthy treats! Ages birth to 5 years old.

**Fridays, April 13, May 11, June 8, 9:30 to 10:30 a.m.**

**HEND** FREE

## A delicious 'pearing'

Find our recipe for Chicken and Pear Salad with Mint Dressing at [StRoseReach.org](http://StRoseReach.org).



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# Savor the flavor of fresh herbs

When you want to add flavor to your food without using fat or salt, fresh herbs are a good choice. But how best to use them? Check out some common selections.



## Basil

**PREPARATION:** Roll tightly. Slice or chop with a sharp knife.

**FOOD PAIRINGS:** Tomatoes, eggplant, green salads, pastas, salad dressings, chicken.

**TIP:** Add to a dish right before serving.



## Cilantro

**PREPARATION:** Gently chop with a sharp knife.

**FOOD PAIRINGS:** Beans, tomatoes, corn, avocados, rice.

**TIP:** Add to dish just before serving.



## Mint

**PREPARATION:** Roll tightly. Slice or chop with a sharp knife.

**FOOD PAIRINGS:** Fruit cups, carrots, cucumbers, lamb, iced tea, water.

**TIP:** Chew on a mint leaf to freshen your mouth.



## Oregano

**PREPARATION:** Strip leaves from stem. Discard stem. Firmly chop leaves just before use.

**FOOD PAIRINGS:** Tomato sauces, mushrooms, beets, green beans, zucchini, chicken.

**TIP:** Greek dishes often combine oregano, mint and lemon.



## Rosemary

**PREPARATION:** Pull down from top of stem to remove leaves. Discard stem. Firmly chop leaves.

**FOOD PAIRINGS:** Fish, salad dressings, bread, roasted root vegetables, potatoes, pears, apples, breads.

**TIP:** The flavor is strong, so use it in small amounts.



## Thyme

**PREPARATION:** Gently pull down from top of stem to remove leaves. Leave leaves intact.

**FOOD PAIRINGS:** Roasted vegetables, chicken, carrots, corn, green beans, soups, potatoes.

**TIP:** Add at the start of cooking for best flavor.