

Reach

Together in health and happiness

The New Life issue

Spring 2018



New! Bracing on the inside

Innovative technique helps injured joints recover faster

TLC for wounds

Specialty care brings much-needed healing

The comfort of home

Pick your arrival time at St. Rose's ERs

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.

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.

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Sampsel Preston Photography: Pages 2, 4, 5, 6, 7

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Inside



Less pain, fast healing

New internal bracing gives knees and ankles a new lease on life.

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Get help healing

St. Rose experts offer customized care for hard-to-heal wounds.

7



Wait in the comfort of home

With our online tool, you can select your arrival time—and skip the wait.

8

Online

See more great *Reach* content:

StRoseReach.org



Pretty please with a cherry on top!

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



Living with shoulder pain?

Check out six possible causes.

Find a doctor, locations, and services:

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 or call **702.616.5758**.



**St. Rose Dominican
Health Foundation**

A Dignity Health Member

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 8.



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**.



Bringing healing and hope

St. Rose experts mend chronic wounds with restorative care

Some wounds need extra TLC to heal. According to Amarjit Singh, MD, Medical Director of the St. Rose Dominican Wound Healing and Hyperbaric Medicine Center in Henderson, there are a number of reasons a wound might not heal on its own, including:

Poor circulation. Blood flow is vital to healing wounds. If you have poor circulation, blood moves to the wound more slowly, so it takes longer to heal.

Fluid buildup. This can affect the blood vessels and tissue near a wound, restricting blood flow.

Infection. This can keep wounds inflamed and hinder healing.

“I have a wonderful patient, who is 93 years young,” Dr. Singh says.

Act now. “The sooner you visit a wound healing physician, the faster we can get your wound healed,” says Amarjit Singh, MD. Call **702.616.4870** or **702.492.8281** today.



“She came in because she had received radiation therapy for cancer that resulted in a skin ulcer on her lower right leg.”

Wounds like this are often difficult to heal because radiation kills both bad and good cells, says Dr. Singh.

Better—slowly but surely

This patient also had other medical problems that slowed her healing. Despite her health conditions, she slowly improved, and her wound healed completely after a year of advanced treatment. She came in every week for treatment that was

customized to her needs.

One tool Dr. Singh’s team used to care for her was as sweet as the patient—Medihoney. This wound care dressing is a natural, medical-grade honey that helps cleanse the wound and keep it moist.

What’s too slow?

The Centers for Disease Control and Prevention says that a chronic wound is one that hasn’t healed after six weeks. If you have a wound that hasn’t healed after a month or so, it’s time to see your doctor.

Hello humankindness. Science shows that delivering health care with kindness leads to faster healing, reduced pain, increased immune function, lowered blood pressure, and decreased anxiety.

Wait in the comfort of home

No one plans on a medical emergency. We want you to rest assured that our emergency departments are close by and ready to help.

When you need immediate medical care—for non-life-threatening emergencies—the time spent waiting in the emergency room may make you more anxious. Now you can select an estimated arrival time and wait at home.

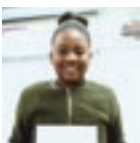
Our online ER waiting room

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

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



Select your arrival time. Go to **StRoseHospitals.org/ER** to find emergency care near you.



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**.

Hello humankindness™



Here for the children

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. 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.

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. 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

Individuals paddle for fun and fitness. Open to all paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub.

LVV \$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 and Wednesdays, 8 to 9 a.m.

City of Henderson Heritage Park Senior Center: FREE

Zumba GOLD

Show aging who's boss with 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. Strollers welcome. Call **702.616.4902** for seasonal meeting location.

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

Ageless Woman Workout: Osteoporosis Exercise

Learn breathing, yoga, and movements that target aging zones.

Tuesdays and Thursdays, 9 to 10 a.m.

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

Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

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

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

LOCATION KEY

(See full key and map on page 12.)

Uninsured?

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



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

Tai Chi

Learn graceful Chinese martial arts moves to improve balance and relaxation.

Introduction to Tai Chi:

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

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

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

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

MORE



For your health

Calendar of classes and events | Spring 2018



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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

Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

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

WEST \$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.

Senior Peer Counseling

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



Wellness

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.

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

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

Thursdays, June 7 to July 12, 10 a.m. to 12:30 p.m.

Heritage Park Senior Facility: 300 S. Racetrack Road. Call **702.267.2950**.

Energy Healing Circle

Reduce stress and heal with chakra balancing.

Wednesdays, April 4, May 2, June 6, 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, April 9, May 14, or June 11, 9 a.m. to 1 p.m.

Wednesday, April 25, May 23, or June 27, 1 to 5 p.m.

GV

Tuesday, April 24, May 22, or June 26, 1 to 5 p.m.

HEND

*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

LLV Lake Las Vegas



Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

Tuesday, May 8, 9 to 11 a.m.

GV FREE

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

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, May 4, 11, and 18, 3:30 to 5 p.m.

GV FREE

Fridays, June 1, 8, and 15, 3:30 to 5 p.m.

WEST FREE

Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

Thursdays, April 19, May 17, June 21, 2:30 to 3:30 p.m.

GV FREE

Knit to Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Learn to knit or crochet. Yarn donations also appreciated!

Thursdays, April 12 and 26, May 10 and 24, June 14 and 28, 10 a.m. to noon

GV FREE

Thursdays, April 12 and 26, May 10 and 24, June 14 and 28, 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**.



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

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

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

Stanford Plus

Are you a Medicare beneficiary? This education program can help you manage your diabetes! A clinical champion will help you set goals. Available in English and Spanish. Call **702.616.4975** for more information.

MORE



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.

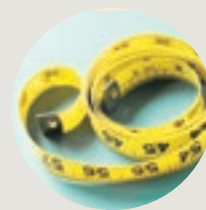
Thursday, May 10, 6 to 7:30 p.m.

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



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](https://www.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.

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

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, April 19 to May 24, 10 a.m. to 12:30 p.m.

Heritage Park Senior Facility: 300 S. Racetrack Road. Call **702.267.2950**.

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

HEND

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**.

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.

Thursdays, June 7 to July 19, 2:30 to 4:30 p.m.

GV FREE



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



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.

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 WEST \$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.

Screenings

Do You See What I See?

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

Wednesday, May 9, 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, May 17, 7 to 10 a.m.

GV See prices above. Appointment required.

Thursday, June 14, 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
- 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
- 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](https://www.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!

Tuesdays, May 1 to June 5, 10 a.m. to 12:30 p.m.

GV FREE

A delicious ‘pearing’

Find our recipe for Chicken and Pear Salad with Mint Dressing at 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.