

Reach

Together in health and happiness

**Hope Springs
Eternal issue**

Spring 2019

Renewed hope

Introducing: The Engelstad
Foundation R.E.D. Rose Program



Kris Engelstad McGarry
Trustee of the Engelstad Foundation

Meaningful messages

A wonderful wall
of *humankindness*

Reboot your body and mind

Ideas to inspire healthier
and happier days

We're here for you

When you need care
quickly, know where to go

A season of hope

“Hope springs eternal
in the human breast.”

—Alexander Pope

Hope drives out fear. It gives us courage to face adversity, brings us together, and even helps us heal. In this issue of *Reach*, hope springs eternal. And it begins with heartfelt notes and an amazing donation to a worthy cause. More of what you'll find in this issue:

From sweet blessings to wise words, people visiting or working at our San Martín Campus share *humankindness* in a unique and moving way (page 3).

Help and hope. For 17 years, R.E.D. Rose has provided support for women and men going through breast cancer. This program has a new name and caring benefactor. Read more starting on page 4.

Coming soon! We have three new Wellness Centers—to support your health and fitness. We hope to see you there! (Page 9.)

Starting on page 11, check out all of our spring classes and events. There's something for everyone for a healthy, hopeful, and happy season.

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.

Holly Lyman, WomensCare/
Outreach Center Director

Kimber Haley, Marketing
Manager, REACH Editor

Greg Preston, Sampsel Preston Photography: pages 3 and 5
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R.E.D. Rose can help many more breast cancer patients, thanks to a \$10 million donation.

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Online

See more great *Reach* content:

StRoseReach.org



Yum! Check out a spiced-up Moroccan Chicken Salad with an orange juice dressing. It's fresh, satisfying, and healthy.



Fiber up, friends. Which common berry is highest in fiber? Find out—and see other surprising and tasty sources of fiber to add to your day.

Find a doctor, locations, and services:

StRoseHospitals.org



Words of hope & *humankindness*

What if someone were to put up a blank wall and ask people to share some *humankindness*...what would happen?

At our San Martín Campus, we learn the answer to that question every day.

We read expressions of hope, love, and gratitude. We see notes of thanks to doctors and nurses. We read of blessings bestowed and petitions for prayers.

We enjoy hellos to newborn babies, just hours old. We're touched by farewells to beloved grandparents who will never be forgotten.

We're sharing some of these wonderful, memorable sentiments with you. We also invite you to visit us to read them in person or to pick up a marker and share a thought of your own.

Hello humankindness™

See more messages of hope. Go to StRoseReach.org.



Everything will be OK, Mom. God is always with you.

The greatest healing therapy is friendship and love.

Welcome into the world, Saniyah!

Kindness is power!

Grow through what you go through.

Life & hope for so many

One family's commitment to *humankindness* brings a much-needed \$10 million donation to R.E.D. Rose

"Imagine being uninsured or undocumented and finding a lump in your breast. The fear, worry, and stress is overwhelming," says Holly Lyman, Director of Community Health and Outreach for Dignity Health–St. Rose Dominican. "In the past, many of these women fell through the cracks or waited too long to be diagnosed and treated."

That's where St. Rose and R.E.D. (Responsible Early Detection) Rose come in. For 17 years, the program has provided diagnostic services for breast cancer, and other aid, to women and men in southern Nevada—and the need for this help has continued to grow.

More recently, funding declined significantly. In fact, in 2018, low resources meant the program had to limit services, helping fewer people than in previous years.

An incredible gift

In late 2018, the Engelstad Foundation announced a \$10 million donation to R.E.D. Rose. These funds mean roughly 550 women and men in need will now be able to receive assistance from the program annually.

"St. Rose and the R.E.D. Rose Program have delivered on their promises," says Kris Engelstad McGarry. "We know this donation will be maximized and, in turn,

equate to enhanced access to critical services for so many. We not only see this as an investment in a successful organization and program, but an investment for an even stronger future here in southern Nevada."

"I am a breast cancer survivor myself, so this gift certainly hits home. Wherever we can contribute to southern Nevadans living their healthiest and happiest lives possible, we are ready to help build sustainable and impactful solutions. And, when it comes to breast cancer, early detection efforts and quality treatments are absolutely vital to our neighbors ultimately beating the disease."



About the Engelstad Foundation. Kris Engelstad McGarry serves as trustee of the Engelstad Foundation, which her parents, Betty and Ralph, created in 2002 to build and grow a legacy of helping others.

R.E.D. Rose: Filling a critical need

The Engelstad Foundation R.E.D. Rose Program emphasizes "Responsible Early Detection" of breast cancer. The program provides free clinical breast exams, mammograms, ultrasounds, biopsies, surgical consultations, and support services to women and men, 49 years and younger, who lack adequate health care coverage.

R.E.D. Rose navigators help coordinate care from initial screenings through treatment. Support services are also available—such as financial assistance with monthly utilities, transportation costs, groceries, rent, and other incidental expenses—while patients fight breast cancer. Navigators are also trained Nevada Health Link enrollment facilitators who can help clients enroll in insurance plans.



Exceed Photography, Inc., Edyta Sokolowska-Kelly



New hope. New name. In November 2018, Kris Engelstad McGarry received the Dignity Health–St. Rose Dominican Humankindness Award. Breast cancer survivors, all beneficiaries of R.E.D. Rose, joined Engelstad McGarry at the ceremony. The St. Rose Dominican Health Foundation also announced the rededication of the program—now known as the Engelstad Foundation R.E.D. Rose Program. *Pictured, from left, are Magdalena Garduño, Melinda Lopez, Ketrina Baine, Kris Engelstad McGarry, Jenna Castagnino, Leobarda Rivera, and Maria Contreras.*

Living in thanks: ‘R.E.D. Rose truly saved my life’

Maria Contreras

Maria first learned she had breast cancer in 2005. After treatment, she was cancer free until 2012, when her cancer returned. 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.

With assistance from R.E.D. Rose, Maria was able to get the treatment she needed, including a total mastectomy, chemotherapy, and radiation. She also received financial assistance to help her pay for rent and utilities.

“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 says.



Ketrina Baine

Ketrina knew something was wrong when she started getting stomach pains and losing a great deal of weight. Then she found a large lump one day while taking a shower. “I went in for a mammogram. When my doctor called me at 9 p.m. one night, I knew it wasn’t going to be good,” Ketrina says. “He asked if I was sitting down and told me I had cancer.”

Ketrina was diagnosed with breast cancer in December 2016. She received treatment but another lump was found in October 2018. “Chemotherapy makes me really ill, so I was not able to work,” she says. The R.E.D. Rose Program helped pay for her food and bills. “R.E.D. Rose truly saved my life,” Ketrina says. “Without their amazing staff, I literally wouldn’t have been able to eat.”





Hello humankindness.

“What do we live for, if it is not to make life less difficult for each other?”

—George Eliot

Health care, hospitality, and *humankindness*

How we're making caring connections

When it comes to hospitality, Las Vegas is a mecca—welcoming visitors from across the world.

People may not feel quite the same about going to the hospital—but at Dignity Health–St. Rose Dominican, we're committed to bringing a warm friendliness to all our guests and patients.

That's why more than 700 St. Rose employees have gone through a “Hospitality in Healthcare” training.

We care. No matter what our guests are going through, we want them to know we're here and we'll go through it with them.

What does hospitality mean in a hospital?

As part of the training, staff members are encouraged to put their best selves forward as they go through their days—with the acronym HELLO:

Humankindness. Live out our values to all we serve.

Eye contact. Look and smile at our guests. Greet them. Make them feel welcome.

Listen—heart-to-heart. Show guests they are a priority. Don't let your phone, computer, or desk come between you.

Learn. Seek moments and qualities on which we can connect. Be interested in our guests, and weave their lives into our conversations.

Offer assistance. Guide, rather than point. Walk beside our guests so they can feel our commitment to serving them, as Jesus served others, side by side.

The asthma-allergy connection



What's the link? Not everyone who has allergies has asthma, but many people with asthma also have allergies. Allergies can trigger your airways to narrow. It's important to know your allergy triggers, or allergens, so you can avoid them.

Common allergens that make asthma worse:

- Animal dander
- Cockroaches
- Dust mites
- Indoor mold
- Outdoor mold
- Pollen



Other asthma triggers may include:

- Air pollution
- Cold air
- Exercise
- Smoke
- Some illnesses and medicines
- Strong odors



Breathe easier: Ready to see a doctor? We can help you find a caring physician. Call **702.616.4900**.

Testing for asthma

Spirometry: This test measures air flow in your lungs—how much air you can breathe in and how fast you can blow it out.

Physical exam: Your doctor will probably ask questions about your symptoms and check your breathing.

Your doctor may also recommend:

- Allergy testing to see what **allergens** might affect you
- A test to check how sensitive your airways are
- Tests to see if other medical problems, such as sleep apnea, are causing your asthma symptoms

What's in the air?

Depending on where you live in southern Nevada, these pollen-producers could be getting to you:

- Ash
- Cedar
- Elm
- Maple
- Mulberry
- Olive
- Pine
- Ragweed
- Sycamore

Give pollen the brush-off

- ☒ Keep your windows closed.
- ☒ When you enter your home, remove outdoor clothing and wash your hair to remove allergens.
- ☒ Use nasal spray or an air filtration machine. (Some pollen grains may be too small for the machine to block.)

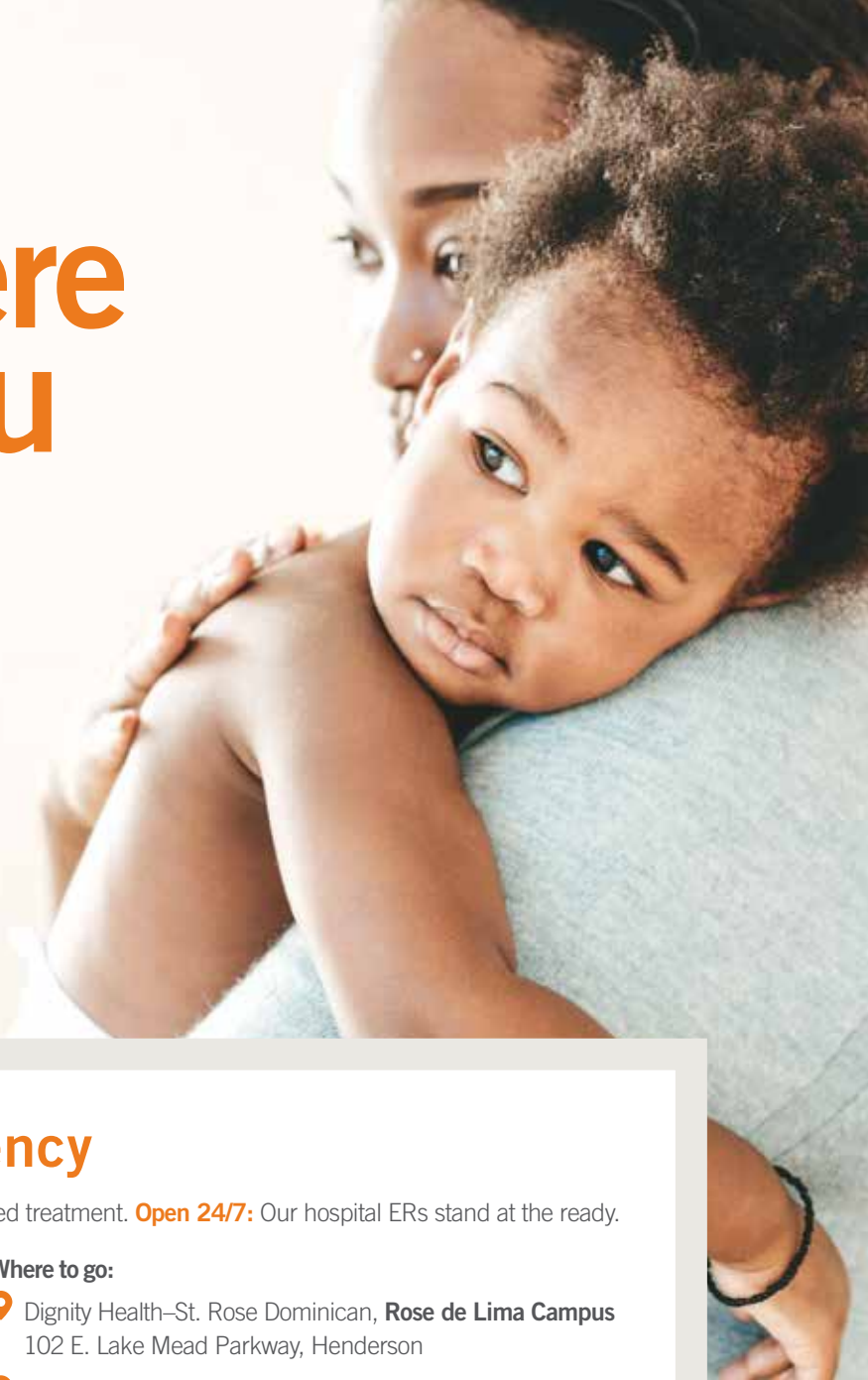


Is allergy treatment for you?

Get an idea of whether you might benefit from immunotherapy. Take our assessment at **StRoseReach.org**.

We're here when you need us

It's the weekend, after hours, or an emergency—and you need health care quickly. Where do you go? Dignity Health–St. Rose Dominican has you covered with convenient options. To make sure you get the care you need, here's a closer look at what calls for emergency care versus urgent care.



When it's an emergency

Some injuries or symptoms require rapid or advanced treatment. **Open 24/7:** Our hospital ERs stand at the ready.

Call 911 or go to the ER for:

- Broken bones and dislocated joints
- Chest pain or difficulty breathing
- Concussion or confusion
- Facial lacerations
- Fainting or a change in mental state
- Fever with a rash
- Head or eye injury
- Seizures
- Serious burns
- Severe cold or flu symptoms
- Severe cuts that may require stitches
- Slurred speech
- Vaginal bleeding with pregnancy
- Weakness or numbness on one side

Where to go:

- 📍 Dignity Health–St. Rose Dominican, **Rose de Lima Campus**
102 E. Lake Mead Parkway, Henderson
- 📍 Dignity Health–St. Rose Dominican, **San Martín Campus**
8280 W. Warm Springs Road, Las Vegas
- 📍 Dignity Health–St. Rose Dominican, **Siena Campus**
Also home to a specialized Children's ER.
3001 St. Rose Parkway, Henderson



Try our online waiting room:
StRoseHospitals.org/ER.

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

Our neighborhood ERs

Another emergency care option is our smaller neighborhood hospitals. **Open 24/7:** These fully accredited, independently licensed hospitals are staffed with board-certified ER physicians and hospitalists and offer on-site x-ray, CT scans, ultrasound, and lab services.

When to go:

- Allergic reactions
- Broken bones and sprains
- Pneumonia
- Asthma and breathing problems
- Burns
- Seizures
- Chest pain
- Sudden or severe abdominal pain
- Overdoses

Where to go:

- 📍 Dignity Health–St. Rose Dominican, **Blue Diamond Campus**
4855 Blue Diamond Road, Las Vegas
- 📍 Dignity Health–St. Rose Dominican, **North Las Vegas Campus**
1550 W. Craig Road, North Las Vegas
- 📍 Dignity Health–St. Rose Dominican, **Sahara Campus**
4980 W. Sahara Ave., Las Vegas
- 📍 Dignity Health–St. Rose Dominican, **West Flamingo Campus**
9880 W. Flamingo Road, Las Vegas



Help is close to home. To schedule an estimated emergency room arrival time at one of our four neighborhood hospitals or for more information, visit **StRoseNH.org**.

Fitness | Health | Nutrition

Your best life!

We can't wait to see you at one of our three new Wellness Center locations.

- 📍 **Dignity Health Wellness Center–Blue Diamond**
4855 Blue Diamond Road, Suite 220, Las Vegas
(Blue Diamond at Decatur)

- 📍 **Dignity Health Wellness Center–West Flamingo**
9880 W. Flamingo Road, Suite 220, Las Vegas
(Flamingo at 215 Beltway)

- 📍 **Dignity Health Wellness Center–North Las Vegas**
1550 W. Craig Road, Suite 250, North Las Vegas
(Craig at Martin Luther King)



Healthier together

Learn more about Wellness Center class offerings at **StRoseHospitals.org/Wellness**.

Urgent...but not an emergency

Urgent Care centers are not a substitute for your physician, but these same-day clinics can handle a variety of minor illnesses and injuries.

When to go:

- Abdominal pain
- Dehydration
- Fever without a rash
- Moderate flu-like symptoms
- Small cuts that may require stitches
- Sprains and strains
- Vomiting or persistent diarrhea
- Wheezing or shortness of breath

Where to go:

- 📍 **Dignity Health Urgent Care**
800 N. Gibson Road, Suite 101, Henderson
Call for hours: 702.616.7780

Reboot your body and mind

Ever had a sluggish computer? If so, you may know a restart can work wonders.

What about your personal operating system? Are you running up to speed, or do you need a physical and mental reboot of your own?

You don't have to make huge changes. But by hitting the refresh button on a few aspects of your life, you can give yourself a nice boost.



A reboot to move more

How about 10 minutes to take a brisk walk? That's a great start. Then you can add more minutes the next week. You might also:

- Ride your bike to work.
- Play outdoor games with your children.
- Try a new fitness class.

Be sure to congratulate yourself every time you're physically active.

Ready to give yoga a go? We have classes for every level of fitness. See page 11.



A reboot to eat better

Look at making small tweaks to improve your eating habits. For example:

- Eat fruit for snacks and dessert.
- Choose grilled foods over fried.
- Skip sugary beverages.
- Read food labels—and try new healthy recipes.

Show yourself some love: Try our "Eating for a Healthy Heart" class. See page 13.



A reboot to stress less

Do you often feel overwhelmed by daily demands? Stress can be hard on you and your health. To feel better:

- Be realistic about how much you can take on.
- Ask for help when you need it.
- Make a to-do list and check off tasks as you finish them so you can feel good about your accomplishments.

Still your mind. See page 12 for relaxing and mindful options for easing stress, including an upcoming labyrinth event.



For your health

Calendar of classes and events | Spring 2019

Fitness

Dragon Boat Paddling

Open to all paddlers. Dates, times, and registration at meetup.com/LVDragonBoatClub.

LLV \$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

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, 2:30 to 3:30 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

Yoga for Beginners

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

Belly Dancing

Saturdays, April 13, May 11, June 8, 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 22, 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.



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.

Wellness

Healthier Living

Put *life* back in your life! 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, support, and more!

Mondays, April 29 through June 3, 1 to 3:30 p.m.

Wednesdays, May 15 through June 19, 5 to 7:30 p.m.

GV FREE

Chronic Pain Self-Management Program

It's time to feel better, move more, reduce pain, and enjoy life! This six-week chronic pain self-management program teaches techniques to overcome ongoing issues associated with chronic pain.

Wednesdays, April 10 to May 15, 9 to 11:30 a.m.

GV FREE

Balancing Energy Fields

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

Wednesdays, April 10, May 8, June 12, 6 to 8 p.m.

WEST \$5

Uninsured?

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



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

Weight-Loss Surgery Seminars

Come learn about the benefits of bariatric surgery and meet our bariatric surgeons and team. Get information and your questions answered in this friendly, supportive atmosphere. Call **702.616.4976** to register.

GV FREE

Tuesdays, April 2, May 7, June 4, 5 to 6 p.m.

Thursdays, April 18, May 16, June 20, 5 to 6 p.m.

MORE ➤

For your health

Calendar of classes and events | Spring 2019



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.

Relaxation Meditation

Practice techniques that promote peace and health.

Tuesdays, April 9, May 14, June 11, 5:30 to 6:30 p.m.

GV FREE

Essential Oils

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

Tuesday, April 30, 6 to 8 p.m.

GV FREE

Safe Sitter

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

Monday, June 24, 9 a.m. to 3:30 p.m.

GV \$20 (includes lunch)

Relax and Paint

Join us for an evening of creativity as we paint.

Wednesday, May 1, 6 to 9 p.m.

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

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

WEST \$5. Registration required; prepay materials fee.

Health Lectures by Select Medical Pelvic Health/Incontinence

Wednesday, April 17, 6 to 7 p.m.

GV FREE

Falls and Fall Prevention

Friday, May 3, 6 to 7 p.m.

SAN FREE

BPPV/Vertigo

Thursday, June 20, 6 to 7 p.m.

GV FREE

Weight Management

Lost your way through the weight loss world? Find out which weight loss program is right for you. Learn about diet crazes, fitness programs, and alternative weight loss methods.

Thursday, May 23, 12:30 to 1:30 p.m.

Thursday, June 27, 5:30 to 6:30 p.m.

GV FREE

* What's your BMI?

Check your number at StRoseReach.org.

The Path to Your Stillpoint: Labyrinth Celebration

Celebrate World Labyrinth Day with Stillpoint Center's mindful labyrinth walks, violin meditations, family-friendly arts, and more. Find upcoming labyrinth events at stillpointcsd.org, or call **702.243.4040**.

Saturday, May 4, 9:30 a.m. to noon

SAN Labyrinth FREE



Diabetes Management

What Is Prediabetes?

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

Monday, April 22, 3 to 5 p.m.

Thursday, June 20, 9 to 11 a.m.

GV \$10

Tuesday, May 7, noon to 2 p.m.

WEST \$10

Diabetes Self-Management Program

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

Fridays, May 10 through June 14, 1 to 3:30 p.m.

GV FREE

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 training.

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

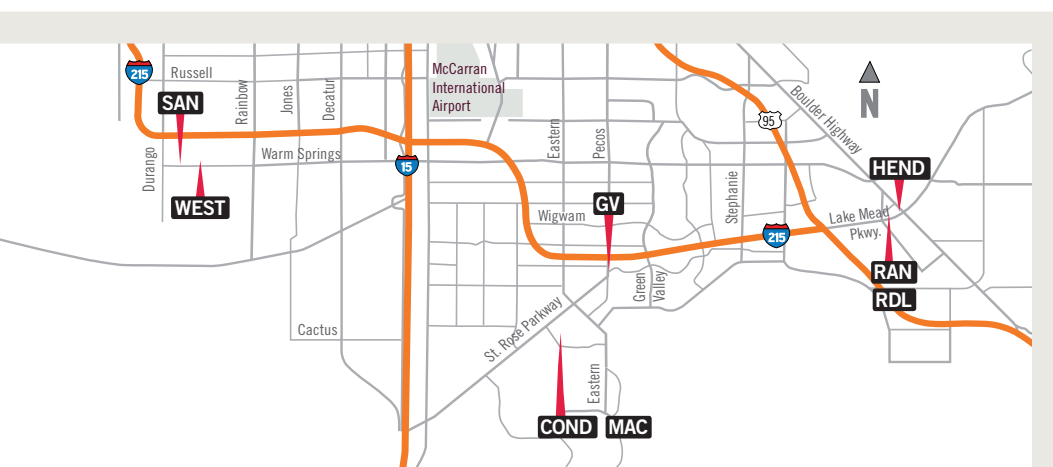
Physician referral and individual visit required prior to class.

GV

LOCATION KEY

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

LLV Lake Las Vegas





Hello humankindness™

"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes."

—Andrew Carnegie

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.

Thursday, May 23, 3 to 4 p.m.

WEST FREE

Wednesday, June 19, 6 to 7:30 p.m.

GV FREE

Gestational Diabetes

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

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.

Wednesday, April 24, 3 to 4:30 p.m.

Wednesday, June 19, 4 to 5:30 p.m.

GV FREE

Tuesday, May 14, noon to 1:30 p.m.

WEST FREE

Smoke Free!

Freedom from Smoking

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

Tuesdays, April 16 through May 28, plus Thursday, May 2, 5:30 to 7:30 p.m.

HEND FREE

Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, June 26, 6 to 8 p.m.

GV \$25 (includes CD)

Cancer Screenings & Survivorship

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the Engelstad Foundation R.E.D. Rose Program at **702.492.8557** if you are 49 or younger. Funded by the Engelstad Foundation.

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 16, 7 to 10 a.m.

GV See prices above.

Appointment required.

Metabolic Testing

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

Support Groups

Call **702.616.4900** or visit **StRoseHospitals.org/classes** for information.

- 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
- Bariatric Surgery Support
GV Thursdays, April 18, May 16, June 20, 6 to 7:30 p.m.
- 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
GV First Wednesday, monthly, 10 to 11 a.m.
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support
- Multiple Sclerosis Support
- Nar-Anon
- Narcotics Anonymous
- Ostomy Support Group
- Parenting Support
- Let's Talk: Pregnancy and Postpartum Support Group
- Stroke and Aphasia Support
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Widows Support

Hernia Screening & Education Event

Do you have nausea, groin pain, or a bulge in your lower abdomen? These are common symptoms for a hernia. Join us for free hernia screenings. Register by calling **702.616.4900**.

Monday, April 29, 6 to 7 p.m.

Thursday, May 2, 2 to 3 p.m.

GV FREE

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

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, April 25, 5 to 6 p.m.

Tuesday, May 28, 5 to 6 p.m.

GV FREE

MORE



GV WomensCare/Outreach Center
Green Valley
2651 Paseo Verde Parkway, Suite 180

HEND WomensCare/Outreach 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 2019



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.

Pregnancy & Childbirth

Text4Baby

Text **BABY** to **511411** to get FREE cellphone tips and reminders throughout your pregnancy and your baby's first year.

Fit 4 Baby

Join FIT4MOM® Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching, and balancing exercises. Register at lasvegas.fit4mom.com or by calling **702.882.1795**.

Saturdays, 10 to 11 a.m.

GV 10 classes for \$110

Car Seat Safety Checks

Call **702.616.4902** for an appointment.

Tuesdays, April 2, May 7, June 4, 10 a.m. to noon

WEST \$10

Fridays, April 12, May 10, June 14, 1 to 5 p.m.

Fridays, April 19, May 17, June 21, 1 to 5 p.m.

GV \$10

Prenatal classes

Prenatal Yoga

A practice uniquely designed for pregnancy. Prenatal Yoga can help support moms-to-be emotionally and physically, helping you become more resilient during and after pregnancy.

Mondays, 4 to 5 p.m.

WEST \$3 per class or eight sessions for \$20

Mondays, 4 to 5 p.m.

GV \$3 per class or eight sessions for \$20

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: **800.784.8669**.

Breastfeeding

Breastfeeding Helpline and Consultations

Call **702.616.4908** for help or a private appointment with a certified lactation counselor.

GV WEST \$50

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

Let's Talk

Restore, inspire, support, and educate—join our peer support group for mothers and mothers-to-be who need mental and emotional support during pregnancy and postpartum.

Wednesdays, noon to 1 p.m.

WEST

Fridays, 9:30 to 10:30 a.m.

HEND

Fridays, noon to 1 p.m.

GV

Infants, Children & Parenting

Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.

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

GV 10 classes for \$110

Infant Development

Learn the ins and outs of baby cues, as well as nutrition. A development playgroup for babies up to age 1.

Mondays, 2 to 3 p.m.

GV FREE

Support for moms-to-be and new moms

Did you know that up to 20 percent of pregnant women and new moms experience some form of anxiety or mood disorder?

Anxiety and mood disorders are treatable!

Visit nvmch.org for helpful resources for families.





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.

EMPOWERED

This program helps pregnant women who are struggling with addiction to opioids and other drugs.

We're here to help

EMPOWERED (Empowering Mothers for Positive Outcomes With Education, Recovery, and Early Development) provides community resources, support services, education, and connections to recovery and treatment services for women with substance use disorders during pregnancy and after giving birth. The program assists with lactation support, parenting classes, infant CPR, and support groups. Call **702.616.4912** for information.

Toddler Play Group

Toddlers ages 3 and under join us for music and movement.

Tuesdays, noon to 12:45 p.m.

GV FREE

Tuesdays, 3 to 4 p.m.

WEST FREE

Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

Mondays, 3 to 4 p.m.

WEST \$3 per class or eight sessions for \$20

Mondays, 3 to 4 p.m.

GV \$3 per class or eight sessions for \$20

Zumbini

Enhance your child's motor and cognitive skills and developmental milestones through dancing exercises, fun props, and parent participation.

Fridays, 10:15 to 10:45 a.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

Sing and Sign: Food Time

Learn ASL signs for healthy foods using songs, books, and toys. For parents with children ages newborn to 2 years.

Tuesdays, 2 to 2:30 p.m.

GV FREE

Thursdays, April 4, 18, May 2, 16, June 6, 20, 1 to 1:30 p.m.

WEST FREE

Fridays, April 19, May 17, June 21, 11:30 a.m. to noon

HEND FREE

Zumba® Kids Jr.

Perfect for younger Zumba fans. Kids 4 to 6 years old socialize and jam to their favorite music.

Tuesdays, 1 to 2 p.m.

GV FREE

Wednesdays, 3:15 to 4:15 p.m.

WEST FREE

Thursdays, 4 to 5 p.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.

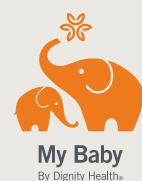
Thursdays, May 2, 9, 16, 10:30 to 11:30 a.m.

Saturdays, June 15, 22, 29, 10:30 to 11:30 a.m.

WEST \$69 (includes *Sign with Your Baby* DVD)

My Baby App

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



Sing and Sign: Baby Sign Language Level II

For parents with toddlers ages 1 to 3. Visit weecansign.com.

Thursdays, June 6, 13, 20, 10:30 to 11:15 a.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

Fresh Start: Pre-K Ready!

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

Thursdays, April 11, 18, 25, May 9, 16, 23, 30, June 13, 20, 27, 10 to 11 a.m.

HEND FREE

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



From your friends at
Dignity Health—St. Rose Dominican

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The sky's the limit, NEVADA!

Ready to launch a walking program? Learn more about Walk Around Nevada at **StRoseReach.org**.



Put a spring in your step!



Ready to make a move for better health? Then lace up your sneakers. Walking can keep your heart strong, help you stay trim, boost your bone health, and lift your mood.

Here are 7 tips for creating a walking program that works for you:

- 1. Step out regularly.** For better health, a good overall goal is to get a brisk, 30-minute walk in five days a week.
- 2. Add mini-walks, too.** Even 5-minute walks—sprinkled throughout the day—can add up to improved health.
- 3. Build stamina over time.** Start with short walks and don't worry about speed. As walking gets easier, go farther and faster.
- 4. Be kind to your feet.** Your shoes should fit right and have good arch support and well-cushioned heels.
- 5. Stride smart.** Practice good posture by keeping your head lifted, tummy pulled in, and shoulders relaxed. Swing your arms naturally.
- 6. Buddy up.** Make it a social event, too—invite friends or loved ones to join you.
- 7. Be seen.** Wear light or reflective clothing, especially in low visibility.

Sources: American Council on Exercise; American Heart Association; National Institutes of Health

Look for every opportunity. See those stairs? They're ready for you. How about jumping off the bus early—or parking your car—and walking a few extra blocks?