

# Reach

Together in health and happiness

**The Dog Days  
of Summer issue**

Summer 2019



## **Kindness is a cool comfort**

Skin and sun-safety ideas to  
protect those you love

**4**

## **Puppy love**

Pets and their humans  
bring therapeutic cheer

**7**

## **Rally for R.E.D. Rose**

3 cheers for the Dragon  
Boat Race and Festival!

**12**

# All summer long

"In times of joy, all of us wished we possessed a tail we could wag."

—W.H. Auden

**Welcome to the dog days of summer.** In this issue of *Reach*, you'll find that acts of kindness are a cool comfort—from looking out for others to therapy dogs who make our hospitals happier places to heal.

**Humankindness under the sun.** The southern Nevada sun calls for a serious need for protection year-round. On page 4, find ways to make sure your loved ones are covered when it comes to sun safety.

**"Happiness is a warm puppy"**—so wrote Charles M. Schulz, creator of a beloved big-nosed beagle—and we couldn't agree more. On page 7, learn about the life-changing bond between a boy and a therapy dog.

**And check out** our summer events and classes, starting on page 9.

**ON THE COVER** Mark Juraschka and Peabody, a greyhound/pit bull mix; Lori Cirella and Artie, a labrador; Kristine Robinson and Murray, a golden retriever; and Cathy Roper with Sassy, a golden retriever, and Zack, a golden retriever.

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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## Special events



### Better Breathers Club

Join our Respiratory Therapy staff to learn ways to manage COPD and get support from others who share your struggles. Get the tools you need to live the best quality of life you can.

**Thursdays, Aug. 1, Sept. 5, 1 to 2 p.m.**

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

### Wound Care Do's and Don'ts

Living with a chronic wound? Learn how it can be treated! Presented by the Wound Healing & Hyperbaric Medicine Center of St. Rose Dominican's Siena Campus.

**Wednesday, Oct. 2, 10 to 11 a.m.**

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

### Stepping On: Fall Prevention Program

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

**Tuesdays, Aug. 13 through Sept. 17, 1 to 3 p.m.**

Dignity Health—St. Rose Dominican, West Flamingo Campus, 9880 W. Flamingo Road, Suite 220, Las Vegas. Call **702.492.8595**.  
FREE

### 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**.

**Tuesdays, Aug. 13, Sept. 10, 4 to 5 p.m.**

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

Find a doctor, locations, and services: [StRoseHospitals.org](http://StRoseHospitals.org)





# Welcome to the world, baby Alejandro!

Born April 23 at 4:17 P.M.



**Dignity Health®**  
St. Rose Dominican

## Commuting just got cuter.

“Welcome to the world” messages appear during morning and evening traffic on the Las Vegas beltway. If you’re passing by, we hope this happy news brings you cheer at the start or end of your day.

**New babies are big news!** Babies—and baby announcements—come in all shapes and sizes. Families who welcome their little ones at St. Rose Dominican’s San Martín and Siena Campuses have the opportunity to share the news in a huge way.

St. Rose Dominican now celebrates new arrivals on three giant billboards along Interstate 215. The messages are simple: “Welcome to the world, baby...,” with first names added, along with the date and time that the infants were born.

## ST. ROSE SUPPORT GROUPS

# Experience *humankindness*

Call **702.616.4900** or visit [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) for information.

- AA Co-Ed  
**Thursdays, 7 p.m.** Siena Campus—MacDonald Room, 3001 St. Rose Parkway, Henderson  
**Sundays, Mondays, Tuesdays, Fridays, 7 p.m.** San Martín Campus, 8280 W. Warm Springs Road, Las Vegas
- AA for Women  
**Mondays, 7 p.m., and Wednesdays, noon.** WomensCare/Outreach Center, 2651 Paseo Verde Parkway, Suite 180, Green Valley
- Al-Anon  
**Saturdays, 10:30 a.m.** Siena Campus—MacDonald Room, 3001 St. Rose Parkway, Henderson
- ALS Support
- Alzheimer’s Support
- Arthritis Support



- Bariatric Surgery Support  
**Thursdays, Aug. 15, Sept. 19, 6 to 7:30 p.m.** WomensCare/Outreach Center, 2651 Paseo Verde Parkway, Suite 180, Green Valley
- Bereavement Support
- Better Breathers COPD
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Cutaneous Lymphoma Networking Group  
**Monday, Aug. 12, 6 p.m.** San Martín Campus, 8280 W. Warm Springs Road, Las Vegas
- Diabetes Support  
**First Wednesday, monthly, 10 to 11 a.m.** WomensCare/Outreach Center, 2651 Paseo Verde Parkway, Suite 180, Green Valley
- Gamblers Anonymous
- Multiple Sclerosis Support
- Nar-Anon
- Narcotics Anonymous
- Ostomy Support Group
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults
- Widows Support



SKIN & SUN SAFETY

# Acts of kindness

## 15 bright ideas to protect the ones you love

The bright southern Nevada sun isn't always a kind summer companion. That's where you can come in.

You can show your loved ones some real *humankindness* by looking out for their skin year-round.

"People who make sun safety a habit can be a positive influence on those around them," says Christopher Mercado, MD, a family medicine physician with

Dignity Health Medical Group Nevada. "When you make it easy and part of your routine, you can help those you're closest to stay safe from harmful UV rays, sunburns, and skin cancer."

"We all have friends or know of someone who still believes tanning is 'safe' if they're not getting burned...it's not," Dr. Mercado says.

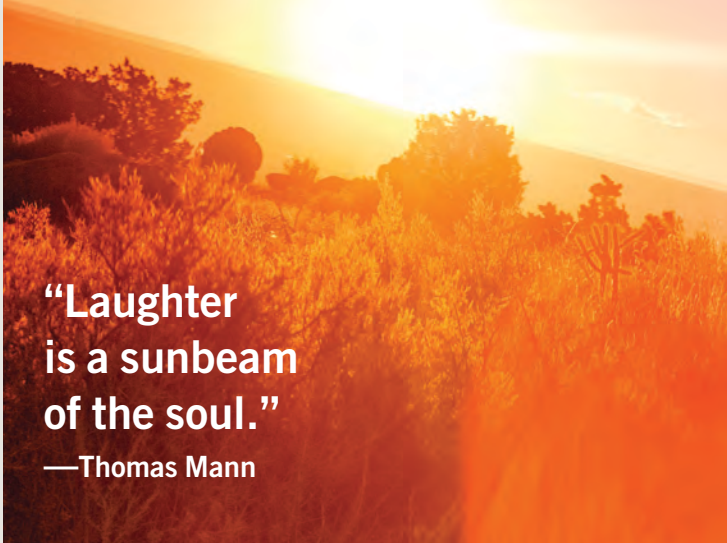


Christopher Mercado, MD



## Kindhearted tips to show you care

- 1 Stock up on sunscreen.** Keep it within easy reach and make it part of your routine. Look for products that:
  - Offer broad-spectrum protection from UVA and UVB rays
  - Have a sun protective factor (SPF) of at least 30
  - Are water-resistant
- 2 Bring it along.** Become the person your family and friends know they can count on to have sunscreen handy. Be sure to kindly offer it up, too!
- 3 Be a thoughtful host.** The sun's rays are strongest between 10 a.m. and 4 p.m. So plan outdoor activities or get-togethers for the earlier morning and later evening hours when the sun is less intense. Even then, keep sunscreen available and encourage everyone to use it.
- 4 Get a jump-start indoors.** Apply sunscreen *before* you go outside. It takes about 15 minutes for its protection to kick in.
- 5 Slather it on.** Be generous and cover all exposed skin. Take care not to miss spots like ears, feet, hands, and backs of knees. Some people prefer spray sunscreens. If you use a spray, make sure you apply enough and rub it in to ensure coverage. Keep sprays away from faces to avoid inhalation.
- 6 Protect sweet kissers, too.** Make sure loved ones use a lip balm that contains sunscreen.
- 7 Set a timer on your phone.** Reapply sunscreen at least every two hours—or immediately after swimming or sweating excessively.
- 8 Be water wise.** Is your crew headed to the lake or going rafting on the Colorado? Water and sand make the need for sun safety even greater because they reflect the sun's rays.
- 9 Kindly care for little ones.** Follow the label instructions when applying sunscreen to children. Putting sunscreen on infants younger than 6 months is usually not advised. It's best to keep babies out of the sun to protect their sensitive skin.
- 10 Head for the shade.** Or make your own. For example, bring big umbrellas to picnics and sporting events.



**“Laughter  
is a sunbeam  
of the soul.”**

—Thomas Mann

**Hello humankindness™**

- 11 Stay diligent on overcast days.** Even when it's cloudy, up to 80% of the sun's harmful rays can penetrate skin, according to the American Academy of Dermatology.
- 12 Summer birthdays?** Treat loved ones to skin-loving gifts like wide-brimmed hats, sunglasses with UV protection, or other sun-protective clothing. Or how about UV-blocking window film for car windows?
- 13 Be kind to your furry friends.** Protect your pup's paws by staying off hot asphalt and going for walks in the early morning or evening hours. Make sure outdoor pets have sun protection—like a tarp for shade—and plenty of fresh, cold water. And kindly remember that it's dangerous to leave them in a parked car.
- 14 Check birthday suits!** Regularly check your own skin for changes, such as for any new spots, patches, or sores that don't heal. Close family members can help with skin exams as well, such as checking backs and other difficult to see areas. Let your doctor or a dermatologist know if you notice anything new or concerning.
- 15 Urge tanners to stay safe.** Do you love someone who enjoys sunning or using tanning beds? Find ways to express your love and concern. Remind them gently of the risk of skin cancer and premature aging. Maybe they would welcome a self-tanning product to try.

Sources: American Academy of Dermatology; American Cancer Society; U.S. Food and Drug Administration



## 3 most common types of skin cancers

**Skin cancers are named** for the type of skin cells where they grow. Most skin cancers are one of the three types below. All three grow in the top layer of skin (called the epidermis):

**Basal cell carcinoma is the most common skin cancer.** It starts in the lowest layer of the epidermis. It's slow-growing. It can move into nearby tissues or bone if not treated, but that's rare. It can show up anywhere but usually grows on areas that get the most sun, such as the face, head, and neck.

**Squamous cell carcinoma is less common.** It starts in the top layer of the epidermis. It's more likely to spread than basal cell carcinoma. But that doesn't happen often. It also tends to show up on areas that get sun.

**Melanoma is the least common—but most dangerous—of the three.** It starts in melanocytes, the skin cells that make the pigment that gives skin its color. It's more likely to spread if not treated. Melanomas can develop anywhere on the skin, but they are more likely to start on the chest and back in men and on the legs in women. Other common spots include the face and neck.



**Looking for a dermatologist?** Dermatologists are doctors who find and treat diseases of the skin, hair, and nails. Along with skin cancer, they treat conditions like acne and rashes. To find a dermatologist affiliated with Dignity Health–St. Rose Dominican, call **702.616.4900**.

## The ABCDEs of melanoma

Melanoma is the most deadly form of skin cancer. These ABCDEs can help you tell if you should see a doctor about a mole or spot. Even one of these signs is a reason to see a doctor right away.



### Asymmetry

Half of the mole or spot is unlike the other half.



### Border

It has an irregular or undefined border.



### Color

The color changes from one area to another.



### Diameter

The mole or spot is larger than a pencil eraser. (Can be smaller.)



### Evolving

It looks different from others on your body or is changing.

Source: American Academy of Dermatology



James (now 11), with his mother, Amy, and dog, Zeke



♥ **Lean on me.** James (at age 7) would often take a nap on Dr. Zack during his treatments for brain cancer. “Zack would instantly bring healing to James...anxiety and fear melting away,” says Amy Schildknecht, James’ mother.

### Paying it forward

“James always said that when he got better, he wanted a dog just like Zack, a red golden retriever,” says Amy Schildknecht, James’ mom.

In November 2017, the family got a call from the Golden Retriever Rescue of Southern Nevada. They had a 6-month-old dog for James—a red golden named Zeke.

“James is now 11 and thriving,” says Amy, who says she’s so grateful for the peace and comfort that Zack brought their family during a tough journey. Now, Amy and Zeke are pet therapy volunteers, too.

One of Zeke and Amy’s first visits was with a 7-year-old boy. “We walked into the room...and the way he lit up immediately reminded me so much of James,” Amy says. “That little boy took me back to the day we met Zack and how much one therapy dog visit can change your life.”

# Comfort pups

## Pet therapists and their caring humans spread joy and kindness

“We love our pet therapists,” says Jamie Olsen, Director of Volunteer Services for Dignity Health—St. Rose Dominican. “Not only do our patients get a dose of happiness from our furry friends, but our visitors and employees enjoy seeing our wonderful pet therapy dogs, too.”

Pet therapy dogs and their humans are trained and certified—and volunteer their time. When they visit the hospital, they usually spend about an hour with anyone who needs comfort or cheer. Here’s how one of those interactions led to life-changing friendships.

### Dr. Zack meets James

Zack the therapy dog visits the hospital regularly with his owner, Cathy Roper. He’s sometimes

called “Dr. Zack” when he makes his rounds. That’s where he first met James.

“We visited a very special 7-year-old boy who had brain cancer,” says Cathy. The two bonded instantly, and for 2½ years, Zack visited James every time he had chemo. “I am blessed to say that we have become like adopted grandparents to James,” Cathy says. But this sweet story doesn’t end there.

**Tails wagged, lives changed!** Meet more of our pet therapists featured on the cover—like Sassy and Zack, with their human, Cathy Roper, pictured at right. You can read their stories at [StRoseHospitals.org/Reach](https://www.strosehospitals.org/Reach).





# A caring place to heal

## Now open: Dignity Health Rehabilitation Hospital

Dignity Health is happy to debut a new facility that furthers our mission to serve southern Nevada's health care needs.

Dignity Health Rehabilitation Hospital, located on St. Rose Dominican's Siena Campus in Henderson, is a 60-bed, all private-room hospital offering rehabilitation programs and services.

It's specially designed to help people who are recovering from serious conditions, including:

- Amputations
- Neurological disorders
- Orthopedic conditions
- Spinal cord injuries
- Strokes
- Traumatic brain injuries

### Teaming up for the best care

This new facility brings a new level of rehab care to southern Nevada. It combines Dignity Health's world-class clinical care with the rehab expertise of Select Medical.



Dignity Health Rehabilitation Hospital joins Select Medical's network of 27 inpatient rehabilitation hospitals. That includes the highly regarded Kessler Institute for Rehabilitation in New Jersey, which has been a top hospital for adult rehabilitation for more than 25 years.

Nationwide, Select Medical treats more than 78,000 patients each day. In addition to being one of the foremost experts in rehabilitation, Select Medical shares Dignity Health's compassionate approach to health care, working together to heal mind, body, and spirit.



### Rebuilding lives with care and compassion

For more on Dignity Health Rehabilitation Hospital, visit [dignityhealthrehab.com](http://dignityhealthrehab.com).



# For your health

Calendar of classes and events | Summer 2019



## Fitness

### Dragon Boat Paddling

Open to all paddlers. Dates, times, and registration at [meetup.com/LVDragonBoatClub](https://www.meetup.com/LVDragonBoatClub).  
**LLV** \$10 per person

### Enhance Fitness

Exercise group program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independence.

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

**Mondays and Wednesdays, 10 to 11 a.m.**

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

**Tuesdays, 2:30 to 3:30 p.m.**  
**GV** FREE

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

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

**WEST** FREE

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

City of Henderson Heritage Park Senior Center: FREE

### Walking Clubs

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

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

### Ageless Woman Workout: Osteoporosis Exercise

Target aging zones with breathing and movements.

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

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

### Gentle Yoga

**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

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.

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

**WEST** \$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

### Tai Chi

Learn graceful moves for balance and relaxation.

**Intro to Tai Chi & Qigong: Tuesdays, 2 to 3 p.m.**

**Fridays, 10:30 to 11:30 a.m.**

**HEND** \$3 per session and 10 sessions for \$20

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

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

**Advanced: Wednesdays, 3:30 to 4:30 p.m.**

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

**Beginner: Tuesdays and Fridays, 2 to 3 p.m.**

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

### Tai Ji Quan: Movement for Better Balance

A balance class for adults at risk for falls. Improves muscle strength, balance, flexibility, posture, and mobility. Best results are achieved by completing level 1 and level 2 twice weekly for three months.

**Mondays and Wednesdays (level 2), 8 to 9 a.m.**

**Wednesdays and Fridays (level 1), 1:30 to 2:30 p.m.**

**GV** FREE

**Tuesdays and Thursdays (level 1), 8 to 9 a.m. and (level 2), 3 to 4 p.m.**

**HEND** FREE

**Tuesdays and Thursdays (level 1), 8 to 9 a.m.**

**WEST** FREE

LOCATION KEY  
(See full key and map on page 10.)



**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.

### Belly Dancing

**Saturdays, Aug. 10, Sept. 14, 10:30 a.m. to noon**

**WEST** FREE

### Zumba

For everybody and every body. Classes bring people together to sweat it on by mixing low- and high-intensity moves in this dance fitness party.

**Tuesdays, 4:30 to 5:30 p.m.**

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

### Zumba GOLD

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

**Tuesdays, 3:30 to 4:30 p.m.**

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

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

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

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

MORE



# For your health

Calendar of classes and events | Summer 2019



**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.

## Nutrition

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, Aug. 28, 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

### Relax and Paint

Join us for an evening of creativity as we paint.

**Wednesday, Aug. 7, 6 to 9 p.m.**

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

**Wednesday, Aug. 21, 6 to 9 p.m.**

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

### Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

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

**GV** FREE

### Balancing Energy Fields

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

**Wednesdays, Aug. 14, Sept. 11, 6 to 8 p.m.**

**WEST** \$5

### 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, Aug. 21 through Sept. 25, 9 to 11:30 a.m.**

**GV** FREE

### AARP Smart Driver Program

Reduce your car insurance rates; \$15 for members, \$20 for nonmembers (checks only, made out to AARP). No exams required!

**Mondays, Aug. 12, Sept. 9, 9 a.m. to 1 p.m.**

**Wednesdays, Aug. 28, Sept. 25, 1 to 5 p.m.**

**GV**

### Help Helping Hands!

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

### Relaxation Meditation

Practice techniques that promote peace and health.

**Tuesdays, Aug. 13, Sept. 10, 5:30 to 6:30 p.m.**

**GV** FREE

### Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

**Thursdays, Aug. 15, Sept. 19, 2:30 to 3:30 p.m.**

**GV** FREE

### Knit to Heal Prayer Shawls

Learn to knit or crochet shawls for patients and loved ones (or pick one up for someone facing illness). Yarn donations appreciated!

**Thursdays, Aug. 8, 22, Sept. 12, 26, 10 a.m. to noon**

**GV** FREE

**Thursdays, Aug. 8, 22, Sept. 12, 26, 11:30 a.m. to 1:30 p.m.**

**WEST** FREE

### Weight Management

Get the right strategy for you in discussions with a registered dietitian.

**Friday, Aug. 23, 11:30 a.m. to 12:30 p.m.**

**Tuesday, Sept. 17, 4:30 to 5:30 p.m.**

**WEST** FREE

**Tuesday, Aug. 13, 12:30 to 1:30 p.m.**

**Thursday, Sept. 26, 5:30 to 6:30 p.m.**

**GV** FREE

### Weight-Loss Surgery Seminars

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

**Tuesdays, Aug. 6, Sept. 3, 5 to 6 p.m.**

**Thursdays, Aug. 15, Sept. 19, 5 to 6 p.m.**

**GV** FREE

### Communication through Sign Language

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

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

**GV** FREE

**Fridays, Sept. 6, 13, 20, 3:30 to 5 p.m.**

**WEST** FREE



## LOCATION KEY

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

**LLV** Lake Las Vegas



## Your best life!

We can't wait to see you at one of our three new Wellness Center locations. For information, call **702.492.8595**.

- 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.** Visit [StRoseHospitals.org/wellness](http://StRoseHospitals.org/wellness) for classes offered at our new Wellness Centers.

## Diabetes Management

### What Is Prediabetes?

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

**Monday, Aug. 12,**  
10:30 a.m. to 12:30 p.m.  
**Thursday, Sept. 12,**  
5:30 to 7:30 p.m.  
**WEST** \$10

**Wednesday, Aug. 7,**  
1 to 3 p.m.  
**Wednesday, Sept. 25,**  
9 to 11 a.m.  
**GV** \$10

### National Diabetes Prevention Program

Modest lifestyle changes can help you avoid type 2 diabetes. Call **702.616.4914** to enroll in this 12-month program.

**Wednesdays, starting Oct. 2,**  
4 to 5 p.m.  
**GV** \$40 to enroll, \$10 per session

### Comprehensive Diabetes Training and Education

This two-hour class in four weekly sessions provides eight 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**

### Diabetes Self-Management Program Plus

Are you a Medicare beneficiary with diabetes? A clinical champion can help you. Available in English and Spanish. Call **702.616.4975**.

### Kidney Smart

Learn how your kidneys function and the best ways to manage your diet and health.  
**Thursday, Aug. 22, 3 to 4 p.m.**

**WEST** FREE  
**Wednesday, Sept. 18, 6 to 7:30 p.m.**  
**GV** FREE

## Heart & Stroke Programs

### Eating for a Healthy Heart

An interactive class with personalized strategies to manage hypertension, high cholesterol, and high triglycerides through nutrition.

**Friday, Aug. 16, 11 a.m. to 12:30 p.m.**

**Monday, Sept. 16, 5:30 to 7 p.m.**  
**WEST** FREE

**Wednesday, Aug. 14, 1 to 2:30 p.m.**

**Thursday, Sept. 19, 9 to 10:30 a.m.**  
**GV** FREE

## Smoke Free!

### Freedom from Smoking

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

**Tuesdays, Aug. 6 through Sept. 17, plus Thursday, Aug. 29, 5:30 to 7:30 p.m.**  
**HEND** FREE

### Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, Sept. 25, 6 to 8 p.m.**  
**GV** \$25 (includes CD)

## Cancer Screenings & Survivorship

### FIT Colon Test

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

## 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, Aug. 15, 7 to 10 a.m.**

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

**Thursday, Sept. 19, 7 to 8:30 a.m.**

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

### Do You See What I See?

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

**Wednesday, Aug. 21, 10 a.m. to noon**

**GV** FREE. Appointment required.

### Metabolic Testing

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

## Uninsured?

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



✧ Find our special events on page 2 and support groups on page 3.

**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

From your friends at  
Dignity Health—St. Rose Dominican

St. Rose Dominican Hospitals  
102 E. Lake Mead Drive  
Henderson, NV 89015-5524

Nonprofit Org.  
U.S. Postage  
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Merced, CA  
Permit No. 1186



## Volunteer as a Senior Peer Counselor

Attend **FREE** training to learn how.

Call **702.616.4902** for dates  
and details.

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# Bring on the boats!

## 3 things to know about the Rose Regatta

At Lake Las Vegas every fall, our community rallies for R.E.D. Rose—it's a sight to see and an event not to miss.

Here are three things to know about the Rose Regatta Dragon Boat Race and Festival.

### 1 It supports a vital need in our community.

Dragon boat racers and sponsors pull together to raise funds for the Engelstad Foundation R.E.D. (Responsible Early Detection) Rose Program, a collaborative effort between St. Rose Dominican hospitals and the Engelstad Foundation. R.E.D. Rose provides diagnostic services for breast cancer, and other aid, to women and men in southern Nevada.

### 2 There's a lot happening on shore, too.

From thrilling races to live music and food carts, the festival has something for everyone.

Special events honor breast cancer survivors and those who have lost their lives to the disease. Visit the Paddles Gallery, where hand-painted paddles by survivors and supporters are on display. Or honor someone you know by painting a paddle or floating roses in a touching water ceremony.

### 3 Novice and experienced teams are welcome!

Typically, 60 to 72 teams compete. Each boat has a drummer, 14 to 20 paddlers, and a steersman.

- It's an annual, two-day event happening Saturday, October 12, and Sunday, October 13, at Lake Las Vegas Marina in Henderson.
- Countdown to race day has begun! Registration is available now at **RoseRegatta.org**.

Festival set for October 12 & 13



**Ready to get  
on board?**

Find more info online at  
**RoseRegatta.org** or call  
**702.497.3385**.