

# Reach

Together in health and happiness

**Hello, Winter! issue**

Winter 2019



## **You got this!**

Mindful strategies to rock your fitness resolutions

## **Setting things straight**

A determined surgeon and technology achieved a perfect fit

## **Rise and shine**

How to get a good night's rest and seize the day

# Rest & renewal

“In the depths of winter, I finally learned that within me there lay an invincible summer.”

—Albert Camus

**Hello, winter!** In this issue of *Reach*, we're embracing the season—and healthy habits for the new year ahead.

**Get well soon.** Do you have a cold—or the flu? Both can make you miserable, but knowing the difference in their symptoms can help you get the right treatment. Learn how to spot the differences on page 6.

**Soothing skin care.** Need relief for itchy dryness? On page 9, get comforting tips to be kind to your skin.

**Need inspiration to rock your 2019 resolutions?** Starting on page 11, look for classes and events that can help you thrive. And check out our online Health Library—reliable info and free resources. Go to [StRoseReach.org/health-library](http://StRoseReach.org/health-library).

**Bring the light.** Feeling a little low? Remember, showing *humankindness* to others is a great pick-me-up any time of year.

## 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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# Inside



## A perfect fit

How a St. Rose orthopedic surgeon and 3-D printing set the bones in Alejandro's forearm straight.

4



## You can. You will.

Let positive self-talk be your secret to getting the active life you want.

7



## Revel in winter

Enjoy the season! A few precautions can help you avoid illness and injury.

8

# Online

See more great *Reach* content:

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



## 7 signs of heart failure.

They can alert you that your heart isn't pumping as well as it should be.



**Recipe: Roasted Root Vegetable Salad.** It's comfort food at its healthiest. Fresh herbs, walnuts, and feta cheese—yes, please!

Find a doctor, locations, and services:

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



# Take heart

**Are you living with a heart condition?** If so, it's important to take care of yourself physically and mentally. Did you know your emotional health can affect your heart, too? Here are a few hints to help you feel your best.

**Move through your days.** Physical activity helps boost moods. Ask your doctor what kinds of exercise are OK for you.

**Feed your bliss.** Spend at least some time every day doing things that make you feel good.

**Reach out.** Share your feelings and concerns with supportive people you trust.

**Be alert to the signs of depression.** It can be hard on hearts, but it is treatable. Tell your doctor if you feel down or hopeless and those emotions don't go away. Other signs of depression include:

- Trouble sleeping or sleeping too much
- Difficulty concentrating or making decisions
- Feeling fatigued



## Ease the heartache

Learn how to live well with heart disease. Healthier Living is a free chronic disease self-management program that can help you better cope with frustration, fatigue, pain, and isolation. Get guidance on exercise, healthy eating, and more! See page 12 for details.

# Why I give ...

"For more than 20 years, I have worked in the information technology department at Dignity Health—St. Rose Dominican hospitals. I've seen various people go through some very tough times as I walk the hallways to help others with their computer needs. I learned through our philanthropy manager that giving back to Dignity Health was very easy to do, and I could help by donating my unused paid time off. This seemed like a great way to give back to my great company and the community. After I gave, the St. Rose Dominican Health Foundation sent me a letter showing me the many departments and services that benefited from my donated funds."

—Brian Skolfield

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



## We're thankful for all our givers!

Brian, like his fellow St. Rose employees, shares our mission of *humankindness*.



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.





# Setting things straight

A complex surgery case calls for persistence, precision, and innovation

**More than a decade ago**, when Alejandro Noriega was in the seventh grade, he fell while playing soccer and broke both bones in his left forearm. He was in a cast for three months, but the bones did not heal correctly. They were crooked—and Alejandro's arm was significantly deformed.

"You could actually feel where the bones overlapped in my arm, and if I bumped it on something or got hit on that spot, it was really painful," Alejandro says. "The injury also made me very self-conscious. I never wore short-sleeved shirts."

## **Facing a complicated challenge**

In March 2018, Alejandro, now 25 years old, saw Lawrence Huff, MD, a licensed orthopedic surgeon who performs surgeries at Dignity Health–St. Rose Dominican's San Martín Campus. Dr. Huff, a Las Vegas native and former professional baseball player, specializes in complex surgeries of the shoulders and arms.



## Your new life awaits: Feel the glory, not the pain!

Are you living with nagging discomfort? Troubled by an old injury? At St. Rose Dominican, we're standing by to help you get back to your active life.

**Care begins here.** Let's talk about how we might help. Call **702.707.9224**.

- Back and neck
- Hand, wrist, and elbow
- Shoulders
- Foot and ankle
- Knees and hips
- Sports and overuse injuries

Dr. Huff knew he was facing a real challenge with Alejandro, whose arm had limited motion besides being painful sometimes: "His case was complicated. He broke his arm when he was young, so the bones healed more thickly than they would have if he were an adult."

To fix a crooked bone, the surgeon must cut the bone, take out a small wedge, then put the bones back together—using a plate to hold them in place—until they heal. According to Dr. Huff, it's a surgery that requires ultraprecision for the best fit and result.

### Seeking an innovative solution

While Alejandro's first doctor visit took place in March, the surgery wasn't performed for another six months. Dr. Huff spent that time securing the best possible outcome for Alejandro. His case would be the first at San Martín to rely on a new 3-D printing technology, developed by the Belgian company Materialise. Dr. Huff did extensive research on the software and instrumentation, then asked the San Martín leadership team for their support to purchase it.

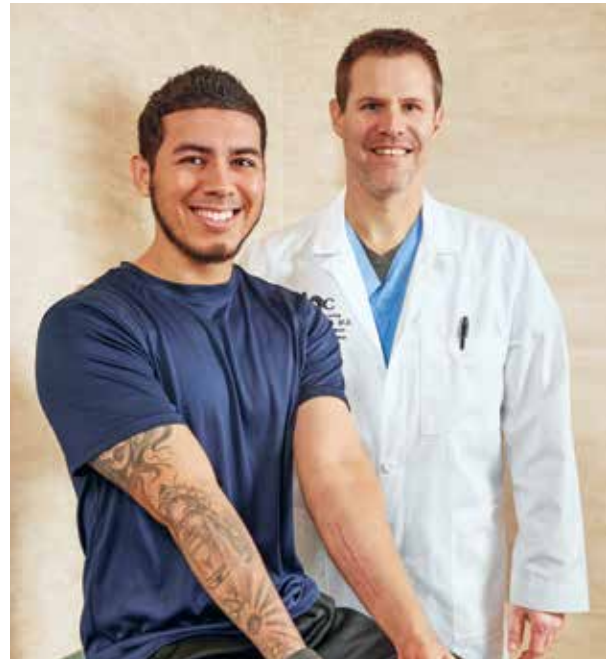
After receiving approval, there were still several steps to accomplish before the surgery could take place. A CT scan was done on Alejandro's normal arm and on his injured arm. Those scans were then submitted to Materialise, and a computer model determined the proper place and angle to make the cuts on the injured arm.

A 3-D model was then made of the bone, and the computer created a "guide" that was placed on the crooked bone. This 3-D guide was formed to fit only on the correct position of the arm and showed where Dr. Huff should make the cuts—and even where screw holes should be placed for a perfect fit.

### Moving forward with gratitude

Alejandro had his surgery in mid-September 2018. By the end of October, he had nearly finished his physical therapy and was looking forward to returning to work in a matter of days.

"After all of these years, thanks to Dr. Huff and St. Rose Dominican, it's a huge relief for my arm to look normal, to be able to move it more easily, and to be rid of the pain," Alejandro says. "I have absolutely no regrets."



**Teaming up to right an old wrong.** Alejandro Noriega, left, says he'll always be thankful for the determination that his orthopedic surgeon, Lawrence Huff, MD, right, showed in making sure his arm surgery could take place.



**What's up with this joint pain?** If you have lingering discomfort that's affecting your life, it may be time to explore your options for relief. Take a quick joint risk assessment at [StRoseHospitals.org/ortho](https://www.StRoseHospitals.org/ortho).

# Achoo! Is it a cold or the flu?

Some cold and flu symptoms are similar. If you're not feeling well, the following chart can help you decide which of these two illnesses you may have.

## Cold

(usually milder than flu)

## Flu

(usually lasts longer, worse than cold symptoms)

Runny, stuffy nose (common)	Runny, stuffy nose (sometimes)
Sneezing (common)	Sneezing (sometimes)
Sore throat (common)	Sore throat (sometimes)
Cough (mild to moderate)	Cough (common)
Fatigue (sometimes)	Fatigue (common)
Muscle aches (slight)	Muscle aches (common)
Headache (rare)	Headache (common)
Fever (rare)	Fever (common)
Chills (uncommon)	Chills (fairly common)

Sources: American Lung Association; Centers for Disease Control and Prevention



Ekatarina  
Pletinskaya, MD

## Stay safe: Who's most at risk?

The flu can sometimes turn serious. "Antiviral medicines are advised in the first 48 hours after symptoms start, especially for people at risk of flu complications," says Ekatarina Pletinskaya, MD, a family medicine physician with the Dignity Health Urgent Care Center. Those most at risk include:

- Kids under 5
- Adults older than 65
- People with weak immune systems
- People with chronic health conditions, such as heart disease, diabetes, or asthma
- Pregnant women

**Get the care you need.** Are you concerned it's the flu? When in doubt, see your doctor promptly, especially if you're in one of the groups at high risk for flu complications.



**Need help quick?** The Dignity Health Urgent Care Center in Henderson is here from 8 a.m. to 8 p.m., Monday through Saturday. Call **702.616.7780** for information.





# ‘I’ve got this!’

## Find your inner exercise warrior

“Being active is all about moving your body, but it’s also a feat accomplished in the mind,” says Patrick Hong, MD, an internal medicine physician at Dignity Health Medical Group’s Peccole Plaza Clinic.



Patrick Hong, MD

**Here are five mindful strategies to help you rock your fitness resolutions in 2019.**



### Create a bold battle cry.

Repeating a powerful mantra could be the boost you need. Maybe your motto is: “I’ve got this!” or “Just watch me!” Come up with something that speaks to you.



### Declare it “me time.”

Own it! You’re worthy of exercise. Think of it as your get-to-do activity—not your have-to-do chore.



### Be inspired by something new.

We’re more likely to stick with activities we enjoy. So seek out your fun. Maybe that’s a fitness class, like Zumba or Yoga. Or perhaps there’s a secret cyclist inside of you.



### Play spin doctor.

When you encounter an excuse not to exercise, flip it in your favor. For example, “too busy” becomes “I can sneak in 10 minutes.” Too tired? Try, “I’ll feel more energetic when I move.”



### Dare to dream.

Paint vivid mental pictures starring you being more fit and healthy. Imagine how great you’ll feel when you ... get stronger, complete that 5K, or try a new sport.



**Get excited about exercise!** We’d love to offer inspiration. How about rowing on a dragon boat team? Ever tried belly dancing? We have a class for that, too! For information and more fun workouts, turn to page 11—or visit [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).



# Hello, winter!

Here's to a healthy, cozy, and comfy season for all

We may not get the blizzardy snowfall and frigid conditions that other areas of the country do, but winter in southern Nevada still comes with risks.

Here are a few steps you can take to help stay free of illness and injury this season.

## **Avoid going viral**

Cold and flu season is in full force. Of course, your best shot at avoiding the flu is to get the flu

vaccine. Here are other ways to help yourself and others stay well:

- Wash your hands often and well, with soap and water.
- Try not to touch your eyes, nose, or mouth between handwashings.
- If possible, avoid people who are sick, and stay home when you're ill.
- Regularly clean often-touched surfaces and objects, such as phones, remote controls, and doorknobs.



**Did you get your flu shot?** It is not too late to protect yourself and others. Visit [southernnevadahealthdistrict.org](https://southernnevadahealthdistrict.org) for more information and immunization clinic locations.





**Did you know?** If you get overly chilled, you can get hypothermia even in temps over 40 degrees.

### Hold off hypothermia

Hypothermia occurs when your body loses heat faster than it can be replaced. The result is a drop in the body's temperature, which can affect your brain and make you unable to think clearly or move well. It can happen gradually and under conditions you might not usually suspect, so you may not realize what's going on.

Prolonged exposure to low temperatures can cause hypothermia. But you can also get it in temperatures over 40 degrees if you become chilled from rain or sweat. In addition, exposure to wind or immersion in cold water can cause hypothermia.

Older people, babies, people who stay outside too long, and those under the influence of alcohol are all at increased risk. Warning signs of hypothermia include shivering, confusion, memory loss, slurred speech, and drowsiness. This is a medical emergency, so get help right away.

To avoid hypothermia, wear clothing appropriate for the weather. Cover your head with a hat. Wrap a scarf around your face and mouth. Protect your hands with a pair of mittens. And dress in several layers of loose-fitting clothing.

### Seek snow safely

How does heading to Mount Charleston to play in the snow

sound? Fun, right? Be sure to play it safe, too.

- Always check the weather and road reports. Winter storms can make travel dangerous.
- Make sure your vehicle can handle icy or snowy conditions. Use chains or snow tires when required.
- Dress for the conditions.

Get more snow season tips and driving directions for the Spring Mountains at **StRoseReach.org**.

## Soothe skin all season

Is the dry winter air of southern Nevada taking a toll on your skin?

"There are simple steps you can take to care for your skin and be more comfortable," says Inna Zdorovyak, MD, family medicine physician at Dignity Health Medical Group's Pavilion Clinic.



Inna Zdorovyak,  
MD

### Goodbye, dry skin!

- Keep showers short and baths brief—no more than 5 to 10 minutes. And use warm, not hot, water.
- Gently blot your skin dry with a towel.
- Trap much-needed moisture by applying an ointment or cream immediately after washing. Use gentle, unscented products.
- Use a humidifier to add moisture to indoor air.
- Stick with sunscreen year-round. Even in winter, the sun can take a toll on your skin.
- Wear gloves outdoors, and use a nongreasy hand cream after handwashing.



**Concerns about your skin?** Seeing a specialist may help. To find a dermatologist who's affiliated with St. Rose Dominican, call **702.616.4900**.



### Asian Lentil Soup

What's more cozy and comforting than soup? Find the recipe at **StRoseReach.org**.



# Enjoy sweeter slumber

**You spend up to one-third of your life sleeping.** Making an effort to improve the quality of your slumber can be a wise investment.

“You need quality sleep to feel your best and stay well,” says Eric Miller, MD, internal medicine physician with Dignity Health Medical Group’s Peccole Plaza Clinic. “If you tend to skimp on it, prioritizing sleep can be one of the best things you can do for your well-being.”

**Are cat naps OK?** A short snooze can boost alertness, but it’s best to avoid naps late in the day.

✓ **Time your moves right.** Routine exercise generally helps you fall asleep faster. But working out too close to bedtime may make it more difficult to drift off.

✓ **Share that you snore.** Let your doctor know if you’re a snorer. Loud and frequent snoring is a possible symptom of sleep apnea, which is a significant health risk.

✓ **Protect your shut-eye.** Both caffeine and alcohol can contribute to sleeplessness. Other common sleep disrupters: our electronics. Turn off devices before bedtime.

✓ **Not just for kids.** Bedtime rituals to wind down, such as bathing or reading, are good for adults, too.

✓ **Magnificent 7.** Seven hours is the minimum recommended amount of sleep for adults.

✓ **Be alert to drowsy driving.** If you feel sleepy, it’s not safe to drive.

✓ **The healthy trifecta.** When it comes to wellness, good sleep ranks right up there with being active and eating well.

✓ **Stay cool, calm, and collected.** Sleeplessness contributes to irritable moods and overeating.



## Do you need a primary care physician?

Visit [dhmgnv.org](http://dhmgnv.org) to learn more about our physicians or call **702.616.5801** to schedule an appointment.

# For your health

Calendar of classes and events | Winter 2019

## Fitness

### Dragon Boat Paddling

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

**LV** \$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.**

**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.**

## Uninsured?

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



### Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

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

**WEST** FREE

### Ageless Woman Workout: Osteoporosis Exercise

Target aging zones with breathing and movements.

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

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

### Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

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

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

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

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

### 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

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

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

### Vinyasa Flow Yoga (Beyond the Basics)

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

**Tuesdays, 6 to 7 p.m. Saturdays, 9 to 10 a.m.**

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



**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.

## Tai Chi

Learn graceful moves for balance and relaxation.

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

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

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

## Tai Ji Quan: Movement for Better Balance

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

**Mondays (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.**

**HEND** FREE

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

**WEST**

**MORE** ➔

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



# For your health

Calendar of classes and events | Winter 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.

## Belly Dancing

Saturdays, Jan. 12, Feb. 9,  
March 9, 10:30 a.m. to noon  
**WEST** FREE

## Zumba GOLD

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

Wednesdays, 11 a.m. to noon  
**GV** \$5 per session or five sessions for \$20

## Nutrition

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

Wednesday, Feb. 27, 6 to 8 p.m.  
**GV** \$25 (includes CD)

### Nutrition Consultations

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

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

## Wellness

### Essential Oils

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

Tuesday, Feb. 26, 6 to 8 p.m.  
**GV** FREE

### The Mind Spa: Creative Journaling

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

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

## Relax and Paint

Join us for an evening of creativity as we paint.

Thursday, Feb. 7, 5:30 to 7:30 p.m.

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

Wednesday, Feb. 13, 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.

## 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, Jan. 3, Feb. 7,  
March 7, 1 to 2 p.m.

**GV** FREE

Thursdays, Jan. 17, Feb. 21, March 21, 1 to 2 p.m.

**SAN** FREE



Wednesdays, Jan. 9, Feb. 13,  
March 13, 6 to 8 p.m.

**WEST** \$5

## Healthier Living

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

Fridays, Feb. 22 to March 29,  
2 to 4:30 p.m.

**GV** FREE

## Chronic Pain Self-Management Program

This six-week chronic pain self-management program teaches techniques to deal with ongoing issues associated with chronic pain. Learn strategies to overcome fatigue, depression, and isolation.

Fridays, Jan. 11 to Feb. 15,  
9:30 a.m. to noon

**GV** FREE

## AARP Smart Driver Program

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

Monday, Jan. 14, Feb. 11, or  
March 11, 9 a.m. to 1 p.m.

Wednesday, Jan. 23, Feb. 27,  
March 27, 1 to 5 p.m.

**GV**

## LOCATION KEY

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

**LLV** Lake Las Vegas





## Hello humankindness™

*"Remember that children, marriages, and flower gardens reflect the kind of care they get."*

—H. Jackson Brown, Jr.

### AARP Smart DriverTEK

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

**Wednesday, Jan. 23, Feb. 27, March 27, 10:30 a.m. to noon**

**GV**

### Medicare ABCDs

Decipher the Medicare maze and maximize your benefits.

**Tuesday, Feb. 12, 9 to 11 a.m.**

**GV** FREE

### Relaxation Meditation

Practice techniques that promote peace and health.

**Tuesdays, Jan. 8, Feb. 12, March 12, 5:30 to 6:30 p.m.**

**GV** FREE

### Communication through Sign Language

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

**Fridays, Feb. 1, 8, 15, 3:30 to 5 p.m.**

**GV** FREE

**Fridays, March 8, 15, 22, 3:30 to 5 p.m.**

**WEST** FREE

### Tea and Talk Book Club

Call **702.616.4900** for monthly book titles.

**Thursdays, Jan. 17, Feb. 21, March 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!

## 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 **702.616.4900** to register.

**GV** FREE

**Tuesdays, Jan. 8, Feb. 5, March 5, 6 to 7 p.m.**

**Thursdays, Jan. 24, Feb. 21, March 21, 6 to 7 p.m.**

**Thursdays, Jan. 10, 24, Feb. 14, 28, March 14, 28, 10 a.m. to noon**

**GV** FREE

**Thursdays, Jan. 10, 24, Feb. 14, 28, March 14, 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.

**Wednesday, Jan. 30, 9 to 11 a.m.**

**Monday, Feb. 18, 10 a.m. to noon**

**Wednesday, March 20, 6 to 8 p.m.**

**GV** \$10

**Monday, March 18, 11 a.m. to 1 p.m.**

**WEST** \$10

### NEW! Diabetes Empowerment Education Program (DEEP)

This free six-week workshop will help you acquire the knowledge and skills necessary to reduce complications resulting from diabetes through interactive, visual, and engaging activities. DEEP has been proven to improve outcomes in A1C levels, physical activity, healthy eating, glucose self-monitoring, medication adherence, and confidence in self-care.

**Fridays, March 29 to May 3, 9 to 11 a.m.**

**GV** FREE

### Diabetes Survival Skills

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

**Tuesday, Feb. 12, 4 to 6 p.m.**

**GV** \$20

✧ Take a deeper look! We have more classes at [StRoseHospitals.org/classes](http://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, Feb. 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 | Winter 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.



## 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.

**Tuesdays, starting Feb. 5, 3 to 4 p.m.**

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

## Diabetes Self-Management Program Plus

Are you a Medicare beneficiary? This education program can help you manage your diabetes!

A clinical champion will help you set goals. Call **702.616.4975** for details.

## Comprehensive Diabetes Training and Education

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

**A variety of class times and days available; please call 702.616.4975 for details. Physician referral and individual visit required prior to class.**

**GV**

## Diabetes Self-Management Program

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

**Wednesdays, Feb. 13 through March 20, 11 a.m. to 1:30 p.m.**

**GV** FREE

## Kidney Smart

One in 10 U.S. adults has kidney disease. Learn how your kidneys function and the best ways to manage your diet and health.

**Wednesday, Jan. 16, 10 to 11:30 a.m.**

**HEND** FREE

**Thursday, Feb. 28, 10 to 11:30 a.m.**

**WEST** FREE

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

**GV** FREE

## 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, Jan. 23, 9 to 10:30 a.m.**

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

**GV** FREE

**Wednesday, March 6, 2:30 to 4 p.m.**

**WEST** FREE

## Smoke Free!

### Freedom from Smoking

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

**Mondays, Jan. 7 to Feb. 18, plus Wednesday, Jan. 30, 5:30 to 7:30 p.m.**

**HEND** FREE

### Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, March 6, 6 to 8 p.m.**

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



## Stepping On: Fall Prevention Program

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

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

**GV** FREE

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





## Senior Peer Counseling

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

## A Day of Learning— Grief Resources

Share with grieving individuals, meet others experiencing similar situations, and learn that those experiencing grief can survive. For more information, call **907.360.9203**.

**Saturday Jan. 26, 10 a.m. to 2 p.m.**  
**GV** FREE

**Saturday, Feb. 2, 10 a.m. to 2 p.m.**  
**SAN** Aljian Conference Center

## 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.  
**GV HEND** \$15

### Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the Mammovan at **877.581.6266** if you are 50 or older. Funded by Susan G. Komen 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, Feb. 21, 7 to 10 a.m.**

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

**Thursday, March 21, 7 to 9 a.m.**

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

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

### Do You See What I See?

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

**Wednesday, Feb. 20, 10 a.m. to noon**

**GV** FREE. Appointment required.

### Metabolic Testing

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

## Support Groups

Call **702.616.4900** or visit [StRoseHospitals.org/classes](http://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
- 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
- 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

## Powerful Tools for Caregivers

Caring for a loved one? This six-week workshop will help you develop self-care tools to become a better caregiver and a happier, wiser, healthier you!

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

**Mondays, April 1 through May 6, 10 a.m. to 12:30 p.m.**

**GV** FREE





Bye, pain.  
**Hello,  
healthy  
new you!**

St. Rose Dominican's orthopedic experts  
can help you get moving. Call us today!

**702.707.9224**

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# Smart swaps

You may think that healthy eating means giving up certain foods. But it really means finding satisfying substitutions for foods that are less nutritious. Give these healthy suggestions a try.

## Instead of this ...

## Enjoy this ...

Soda

Sparkling water with a splash of 100 percent fruit juice.  
Water flavored with mint leaves, orange slices, or cucumber

Sugary cereal

Oatmeal with berries or whole-wheat  
cereal that's low in sugar

Chips or pretzels

Crunchy celery, carrots, unsalted nuts, whole-grain  
crackers, or plain popcorn seasoned with spices

Medium-sized mocha coffee  
drink with whipped cream

Small-sized latte topped with cinnamon

Hash browns or French fries

Baked white or sweet potato filled with salsa

Popsicles

Frozen grapes

Ice cream

Low-fat sherbet or frozen yogurt topped with fresh fruit

Doughnuts  
or pastries

Small whole-grain bagel spread with low-fat cream cheese.  
Whole-wheat English muffin spread with sugar-free jam

Mayo on a sandwich

Hummus or mashed avocado

Candy bar

Small serving of dark chocolate with at  
least 70 percent cocoa

\* Need more help with nutrition?  
Talk with a dietitian. See page 11.