

# Reach

Together in health and happiness

**The Numbers  
issue**

Winter 2020



**Numbers to know**

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# One in a million

“To the world you may be one person, but to one person you may be the world.”

—Dr. Seuss

**Your heart beats 100,000 times a day,** on average. Moving a single step forward takes 200 muscles. Hugging a loved one for 10 seconds can lower your blood pressure. You are wonderfully made and one in a million. In this issue of *Reach*, we highlight some numbers that can help you put your health first.

**One great year!** Members share their appreciation for three new Dignity Health Wellness Centers (page 4).

**Four numbers to know.** Find out what they are—and why they matter—on page 5.

**More than numbers on a scale.** Starting on page 6, learn what our bariatric surgery program means to three local patients.

**No. 1 choice.** The Birth Center at our San Martín Campus earned the most votes from our community! (page 9)

Source: [nchs-health.org/health-trivia](https://nchs-health.org/health-trivia)

## 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](https://StRoseHospitals.org).

REACH is published as a community service for the friends and patrons of DIGNITY HEALTH—ST. ROSE DOMINICAN. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

Physicians listed, pictured, or interviewed are licensed by the Nevada State Board of Medical Examiners (MDs), the Nevada State Board of Osteopathic Medicine (DOs), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health—St. Rose Dominican unless specifically noted.

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## Special events

### Adult Mental Health First Aid

A mental health emergency might need medical attention before professional help arrives. Learn how to provide basic first aid to help someone experiencing a mental health problem or crisis until the appropriate treatment and support are available. Call **702.620.7862** to register.

**Friday, Feb. 21,  
8 a.m. to 5 p.m.**

North Las Vegas Wellness Center, 1550 W. Craig Road, Suite 250, North Las Vegas: FREE

### Youth Mental Health First Aid

Adults who work with youth ages 12 to 25 learn how to provide basic first aid to help someone experiencing a mental health problem or crisis until appropriate treatment and support are available.

**Saturday, Jan. 25,  
8 a.m. to 5 p.m.**

**GV** FREE

### SafeTALK: Suicide Alertness for Everyone

Be a lifesaver. Learn how you can recognize a person with thoughts of suicide and know how to connect them to help. Call **702.620.7862** to register.

**Thursday, Jan. 23,  
8 a.m. to 5 p.m.**

North Las Vegas Wellness Center, 1550 W. Craig Road, Suite 250, North Las Vegas: \$15



### Parent & Grandparent Gun Safety Class

Firearm safety is everyone's responsibility. Learn about responsible firearm ownership, simple safety rules, and how to secure and store guns correctly.

**Saturday, Feb. 8,  
10 to 11 a.m.**

**GV** FREE

### Stop the Bleed

Learn lifesaving skills to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive.

**Wednesday, Feb. 5  
or March 4, 5:30 to 6:30 p.m.**

**GV** FREE



**> See pages 10–11  
for the location key  
and more classes and  
events.**

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



# A historic reminder 100 feet above us

The bell tower cross stands as a beacon of compassion and healing

**It is a familiar sight** to all southern Nevadans—the shining cross rising high above the bell towers at our St. Rose Dominican hospitals. It is an icon we hope brings feelings of safety and well-being each time it comes into view.

The cross itself is an ancient symbol of compassion and healing. But there's another story behind the cross that rises to almost 100 feet above our Siena Campus.

## **A lasting local connection**

The 6-foot, 75-pound cross was placed atop the 90-foot bell tower nearly 20 years ago during the hospital's topping-out ceremony. It is made of titanium, a gift from the TIMET Corporation, and fashioned right here in Henderson. The Siena cross was given to the new hospital as a sign of the 50-year relationship shared by TIMET, St. Rose Dominican, and the City of Henderson.

TIMET opened its doors in Henderson in 1950. That was shortly after the 1947 arrival of the Adrian Dominican Sisters, who founded St. Rose de Lima hospital.

The Siena cross itself was made by longtime TIMET employee Ray Martinez, who worked with the metal for decades. Nearly half the weight of steel but twice as strong, titanium is used to build everything from engines and airframes to landing gear and even golf clubs.

## **The heart of our mission**

Today, the cross atop the bell tower stands as a dramatic focal point of the Siena Campus. It serves



The 6-foot titanium cross was raised to the top of the Siena Campus bell tower nearly 20 years ago.

as a meaningful symbol of the mission of St. Rose Dominican in southern Nevada: to blend technology with compassion to provide the highest quality patient care.

You will find bell towers on our San Martín Campus, as well as at our new hospitals around the valley. Each one represents the history and connection—now 72 years strong—between our healing mission and the people of southern Nevada.

**Hello humankindness™**

“Teach us to give and not to count the cost.”  
—St. Ignatius de Loyola

# 1-2-3 places to get healthy together

**Three Dignity Health Wellness Centers** in the Blue Diamond, North Las Vegas, and West Flamingo neighborhoods have been open for one year now, and people in those communities are loving the services they offer.

The conveniently located Wellness Centers offer a variety of free and low-cost fitness, health, and

nutrition classes, disease management and prevention programs, pregnancy and childbirth resources, and fun designed to help you and your family get and stay healthy.

The new Wellness Centers join three existing Community Outreach/Wellness Centers in downtown Henderson, Green Valley, and the southwest valley.

**In their own words.** Here's what Wellness Center clients have to say about their experiences:

"I am so glad I attended the Healthy Heart program. I enjoyed the four classes. Learned so much from Lauren—she reminded me of so much I had forgotten. I learned a lot about how important it is to take care of ourselves and how our organs beat and pump to keep us going forward. At the end, I came home with so much motivation and many tools for better health. I am grateful. A big thank-you to Dignity Health for offering classes to the public. I look forward to attending more classes."

—Sylvia H.

"I am so grateful and thankful for the Wellness Centers. I really enjoy the classes that are offered, and the instructors are very knowledgeable—willing and able to assist us in the best ways to exercise without doing harm to our bodies. Please keep doing what you do for the seniors and the community. Thank you!"

—Loretta J.


"I appreciate the classes offered for overall fitness. Instructors are trained and motivating. The Wellness Center provides opportunity for physical and mental health enhancement."

—Phyllis G.



 **Dignity Health Wellness Center–Blue Diamond**  
4855 Blue Diamond Road,  
Suite 220, Las Vegas  
(Blue Diamond at Decatur)  
**702.620.7025**



 **Dignity Health Wellness Center–North Las Vegas**  
1550 W. Craig Road,  
Suite 250, North Las Vegas  
(Craig at Martin Luther King)  
**702.620.7862**



 **Dignity Health Wellness Center–West Flamingo**  
9880 W. Flamingo Road,  
Suite 220, Las Vegas  
(Flamingo at 215 Beltway)  
**702.620.7800**



**Live your best life.** The Dignity Health Wellness Centers can help! For current class listings, visit [StRoseHospitals.org/wellness](http://StRoseHospitals.org/wellness).



# Better health by the numbers

Knowing key numbers—and working to keep them in a healthy range—can add up to better health. Take these four to heart—your blood pressure, body mass index, cholesterol, and blood sugar.

“Preventing heart disease starts with knowing your risk factors,” says Moniz Dawood, MD, a cardiologist who practices at St. Rose Dominican. “Talk with your doctor about what’s healthy for you.”

Here’s a look at the target numbers for most adults.

Why let one more day go by? Have a heart-to-heart with your doctor about your risk of heart disease. Find a caring provider today at [StRoseHospitals.org](https://www.StRoseHospitals.org) or by calling 702.616.4900.

## Blood pressure

**Target:** Systolic less than 120 mm Hg and diastolic less than 80 mm Hg.

**What it is:** The force of blood pushing against your blood vessel walls.

**Why it matters:** High blood pressure raises the risk of heart attack, stroke, and kidney disease.

## Body mass index (BMI)

**Target:** 18.5 to 24.9.

**What it is:** A measure of body fat based on your height and weight.

**Why it matters:** The higher your BMI, the greater your risk of heart disease, type 2 diabetes, breathing problems, and certain cancers.

## Cholesterol

**Target:** Talk with your doctor about what’s optimal for you. It depends on your overall risk factors.

**What it is:** A waxy substance produced in the liver and released into the blood.

**Why it matters:** Unhealthy cholesterol levels raise your risk of heart attack and stroke.

## Blood sugar

**Target:** A fasting blood sugar of less than 100 mg/dL.

**What it is:** The amount of glucose in your blood.

**Why it matters:** Diabetes occurs—or is poorly managed—when blood sugar levels are too high.

Sources: American Diabetes Association; American Heart Association; National Heart, Lung, and Blood Institute; U.S. Preventive Services Task Force



# Losing weight with dignity

## 3 lives changed with weight-loss surgery

Losing weight is more than cosmetic. It can have a profound, positive effect on a person's health, confidence, and ability to participate in life.

Donna Hatch, Brandon Green, and Vanessa Sandoval know that firsthand.

With the help of the caring providers at the Weight Loss Surgery Center at St. Rose Dominican, they've seen their lives transformed by dramatic weight loss. But there's much more to each of their stories than the numbers on the scale.

### 44 and ready for more

Donna Hatch had many weight-related health problems. Her heart was enlarged. She had high blood pressure, asthma, and sleep apnea. And she was on the cusp of developing type 2 diabetes.

Still, the 44-year-old respiratory therapist says she was in denial about how unhealthy she was.

"I thought I was normal," she says. But that changed when she became seriously ill with pneumonia and was hospitalized in March 2018.

"I was so sick, I almost died," Donna says. And that shook her up. She wanted to get healthy for her family—and herself.

Donna had tried other diets through the years, but this time, she turned to the Weight Loss Surgery

Center. She knew surgery would mean significant lifestyle changes, but she was ready.

Working closely with a surgeon and a dietitian, she prepared for her procedure, which took place in December 2018.

Since then, she's lost 108 pounds. "I'm healthy now," she says brightly.

"My energy level is substantially higher. I'm happier all the time. In the past, I'd walk into a room and know I'm the biggest one in there, and I'd really feel that. But now my confidence is up."

Her family is very supportive of her, too. They all work together to find new recipes and cook healthy food together.

"Overall, I'm more involved in my children's lives than I was before," she says. "It's changed things for my whole family."

Donna says she was thrilled with her surgeon, Mustafa Ahmed, MD. "And now I'm thrilled with my life, too. I know it sounds so cliché, but my only regret is that I didn't do it 10 years earlier."

"My energy level is substantially higher."

—Donna Hatch



Mustafa  
Ahmed, MD



**Not sure of your BMI?** Use the online calculator at [StRoseHospitals.org/weightloss](https://www.strosehospitals.org/weightloss) to find out where you stand.



## 3 goals and counting

When Brandon Green passed 300 pounds on the scale, he didn't see an end in sight.

"I had sleep apnea. I was on the road to diabetes and heart failure. I just knew I needed some help," says the 27-year-old.

He was worried about having weight-loss surgery. But his doctor, Jimmy Xu, MD, helped ease his fears, prepare him for recovery, and set some healthy goals for the future—more energy, healthier eating, and better sleep.

"It went better than I ever expected it to," Brandon says today.

Before the surgery, he felt sluggish. "Lethargic almost," he says. Now he has a gym membership and works out regularly. "Before it seemed like such an effort, but now it's routine."

His eating habits have changed, too. He cooks more at home, and makes different choices when eating out. "It's worth it for the improvements I've made," he says.

Another big change he's seen is in his sleep. "I wake up feeling more rested," he says.

Brandon has other goals he still wants to meet, but now he knows he can get there. "Every day gets a little better."

MORE >



## On her way to 5K

Ask Vanessa Sandoval, 37, what motivated her to have weight-loss surgery, and she points to her daughter.

“She’s just 19 now, but I want to be there for my grandkids. I want to see them grow and play with them,” she says.

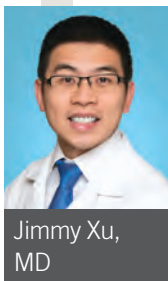
That dream is much more likely now. Vanessa has arthritis in both knees, and being active used to be painfully difficult. After the surgery, she still has arthritis. But with less weight on her joints, the pain is much less.

“Walking is so much easier,” she says. She can go up and down stairs without shortness of breath or aching knees. She can go on hikes. And she even did a 5K walk last summer.

Small victories also make a big difference to Vanessa’s outlook on life—like being able to fit on the rides at Disneyland or being able to cross her legs on an airplane.

She shares those wins with a support group of her peers at St. Rose Dominican who have been through weight-loss surgery, too. “I was really hard on myself,” she says. “I don’t think people realize how bad you can feel. I would get pretty depressed at times.” But bit by bit, that’s changing.

“My attitude is a lot better, and I think I project that,” Vanessa says. “People tell me I look happier. I smile a lot more.”



Jimmy Xu,  
MD

## 2 surgical options

The Weight Loss Surgery Center at St. Rose Dominican offers two types of surgery:

### Gastric sleeve surgery

“Gastric sleeve surgery removes about 80% of the stomach and is the most common,” says Jimmy Xu, MD, Medical Director of the Weight Loss Surgery Center at St. Rose Dominican. It can be performed without open surgery, which usually means a shorter hospital stay. This is the procedure that Donna Hatch, Brandon Green, and Vanessa Sandoval all opted for.

### Gastric bypass surgery

With gastric bypass, the surgeon uses staples across the top part of the stomach to create a smaller stomach pouch. Then the small intestine is reattached to the new pouch. The rest of the stomach is “bypassed” but stays in the body.



**Start your journey.** Register for a free information session here: [StRoseHospitals.org/weightloss](https://StRoseHospitals.org/weightloss). Or call **702.616.4976**.



Why fit in  
when you  
were born  
to stand  
out.

Dr. Seuss



The Birth Center team at San Martín

## The No. 1 place to welcome your baby

### Choosing where to have your baby

is an important decision. But the residents of Las Vegas have recently made it easier. They voted for the Best Place to Have a Baby in the *Las Vegas Review-Journal's* reader poll.

The Birth Center at the San Martín Campus received the Silver Award in 2018 and the Gold Award in 2019!

### Why did we win?

- Spacious, private mother-baby suites with sleeping accommodations for your significant other
- Room-sharing with your newborn
- Visiting privileges for all family members
- Wireless fetal monitors that allow you the freedom to move around
- Level II Neonatal Intensive Care Unit
- A celebratory dinner for new parents with a delicious Bundtlet from Nothing Bundt Cakes®
- A lactation support team
- Baby portraits by Bella Baby photography
- A friendly, knowledgeable, and well-trained staff
- A large variety of no- or low-cost prenatal, pregnancy, breastfeeding, and parenting classes
- The My Baby mobile app, which tracks pregnancy milestones, provides answers to common questions, and connects you to Dignity Health services



**Take a tour!** See our Birth Centers at the San Martín or Siena Campus for yourself. Register at [StRoseHospitals.org/classes](https://StRoseHospitals.org/classes).



# For your health

\* Find our special events on page 2.

## Calendar of classes and events | Winter 2020

**Registration:** For classes that require registration, you can sign up online at [StRoseHospitals.org/classes](https://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.



Find our full class listing at [StRoseHospitals.org/classes](https://StRoseHospitals.org/classes)

✓ Fitness, nutrition, and wellness classes and screenings

✓ Programs for diabetes, heart and stroke care, cancer, and quitting smoking

✓ Support groups

### Wellness

#### 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

#### Mammograms

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

#### Safe Sitter

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

**Monday, Feb. 17, 9 a.m. to 3:30 p.m.**  
**GV** \$20 (includes lunch)

### Uninsured?

Our Exchange Enrollment Facilitators can help. Call **702.616.4904**.



### Pregnancy & Childbirth EMPOWERED

Community resources, support services, education, and connections to recovery and treatment services for women with substance use disorders during pregnancy and after giving birth. Call **702.492.8593** for information.

#### Fit 4 Baby

Join FIT4MOM® Las Vegas for an interval-based prenatal fitness class. Register at [lasvegas.fit4mom.com](https://lasvegas.fit4mom.com).  
**Saturdays, 10 to 11 a.m.**  
**GV** 10 classes for \$110

### 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

### Comforting help for moms-to-be and new moms

Many pregnant women and new moms experience anxiety or a mood disorder. For helpful resources, call **702.492.8552** or visit [nvmch.org](https://nvmch.org).

#### Car Seat Safety Checks

Call **702.616.4902** for an appointment.

**Tuesdays, Jan. 7, Feb. 4, March 3, 10 a.m. to noon**  
**WEST** \$10

**Fridays, Jan. 10, Feb. 14, March 13, 1 to 4 p.m.**

**Fridays, Jan. 17, Feb. 21, March 20, 1 to 4 p.m.**  
**GV** \$10

### Let's Talk

Restore, inspire, support, and educate—a pregnancy and postpartum support group.

**Mondays, noon to 1 p.m.**  
**HEND** FREE

**Wednesdays, noon to 1 p.m.**  
**WEST** FREE

**Fridays, noon to 1 p.m.**  
**GV** FREE

### Prenatal Classes

#### Prenatal Yoga

Become more resilient during and after pregnancy.

**Mondays, noon to 1 p.m.**  
**WEST** \$5 per class or five sessions for \$20

**Mondays, 4:15 to 5:15 p.m.**  
**GV** \$5 per class or five sessions for \$20

#### Baby Basics

**GV** \$30



### LOCATION KEY

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

**REH** Siena Campus Rehabilitation Hospital, Henderson  
2930 Siena Heights Drive

**LLV** Lake Las Vegas





## FREE Birth Center tours

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

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

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

### My Baby App

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



**My Baby**  
By Dignity Health

### Breastfeeding

**GV** \$30

### Prepared Childbirth Express

**GV** \$35

### Daddy Boot Camp

**GV** \$20

### Infant CPR

**GV** \$20

### Prepared Childbirth

**GV** \$50

### Gestational Diabetes Consultations

Call 702.616.4975.

### Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.

### Breastfeeding Breastfeeding Helpline and Consultations

Call 702.616.4908.

**GV WEST** \$50

### Baby Weigh Stations

No appointment necessary.

**GV WEST HEND** FREE

### Breast Pump Rentals

Rent a hospital-grade, double-electric pump.

**GV WEST**

### New Mommy Mixer

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

**HEND** FREE

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

**WEST** FREE

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

**GV** FREE

### Infants, Children & Parenting Stroller Strides

Get a workout while engaging your baby. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com).

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

**GV** 10 classes for \$110

### Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

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

**WEST** \$5 per class or eight sessions for \$20

**Mondays, 3:15 to 4:15 p.m.**

**GV** \$5 per class or eight sessions for \$20

### Infant Development

Learn all about baby cues and nutrition in this playgroup for babies up to age 1.

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

**GV** FREE

### Infant Nutrition

A registered dietitian leads a weekly mommy-baby group.

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

**GV** FREE

### Toddler Play Group

For ages 3 and younger.

**Tuesdays, noon to 12:45 p.m.**

**GV** FREE

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

**WEST** FREE

### Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

**Tuesdays, 2 to 2:30 p.m.**

**GV** FREE

**Thursdays, Jan. 2, 16, Feb. 6, 20, March 5, 19, 1 to 1:30 p.m.**

**WEST** FREE

**Fridays, Jan. 17, Feb. 21, March 20, noon to 12:30 p.m.**

**HEND** FREE

### Sing and Sign: Baby Sign Language Level II

Visit [weecansign.com](http://weecansign.com).

**Thursdays, March 5, 12, 19, 10:30 to 11:15 a.m.**

**WEST** \$69 (includes kit)

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

Visit [weecansign.com](http://weecansign.com).

**Thursdays, Feb. 6, 13, 20, 10:30 to 11:30 a.m.**

**Saturdays, March 21, 28, April 4, 10:30 to 11:30 a.m.**

**WEST** \$69 (includes DVD)

### Zumba® Kids

For ages 7 through 11.

**Tuesdays, 3:30 to 4:20 p.m.**

**GV** FREE

### Zumba® Kids Jr.

For ages 4 through 6.

**Tuesdays, 1 to 2 p.m.**

**GV** FREE

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

**WEST** FREE

### Toddlers in the Kitchen

For ages 1 through 4.

**Thursdays, Jan. 2, 16, Feb. 6, 20, March 5, 19, 11 a.m. to noon**

**HEND** FREE

### Love and Logic®: Parenting Made Fun!

Learn helpful and easy tips.

**Wednesdays, Jan. 15, 22, 29, Feb. 5, 19, 5 to 7 p.m.**

**HEND** \$50 per person/couple

**Fridays, Feb. 7, 14, 21, 28 and March 6, 9 to 11 a.m.**

**WEST** \$50 per person/couple

### Zumbini

Enhances motor and cognitive skills and development.

**Tuesdays, 11 to 11:30 a.m.**

**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.**

**Saturdays, 9:15 to 10 a.m.**

**GV** FREE

**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  
**PAID**  
Merced, CA  
Permit No. 1186

## Count on us

The journey to a healthier weight can be life-changing. Read how St. Rose Dominican can support you every step of the way. **See page 6.**



U

# 2019 at a glance

Years  
serving  
southern  
Nevada:

72



**232**

BREAST CANCER EXAMS  
FUNDED BY R.E.D. ROSE

**7**

MEDICAL GROUP CLINICS

**8,912** HELPING HANDS  
RIDES FOR SENIORS

**\$365,069**

COMMUNITY  
GRANT DOLLARS  
DISTRIBUTED



**6** COMMUNITY  
HEALTH/WELLNESS  
CENTER LOCATIONS



PHYSICAL  
THERAPY  
CLINICS



**6** ACTIVE ADRIAN  
DOMINICAN  
SISTERS



HOSPITALS

**4,379**  
BABIES  
DELIVERED

**70,110**

Total volunteer hours