

Reach

Together in health and happiness

**We're Here for
You issue**

Spring 2021



Here's looking at you, kid

MRI goggles keep kids happily engaged during their big test

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Safety first, healing always

Every precaution has been taken in our ERs for your peace of mind

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Care in your corner

“I feel the capacity to care is the thing which gives life its deepest significance.”

—Pablo Casals

The COVID-19 pandemic brought a lot of uncertainty with it. But through it all, one constant held true in southern Nevada—that we are here for you and your family, for all your medical needs. In this issue of *Reach*, we invite you to explore the services we provide in your neighborhood.

Need care now? Our emergency teams are always prepared—with your safety and the special needs of children in mind. See pages 4 and 5.

Know where to find us? Turn to page 6 for a handy map of all our locations.

Ready to move forward? Dignity Health Rehabilitation Hospital and Dignity Health Physical Therapy offer caring hands to lift you up (pages 8 and 9).

These vital services and more are here for you. Wherever you are in the valley, you're always near a Dignity Health facility.

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 six convenient locations. For information, visit StRoseHospitals.org.

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

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Help is always within reach

When you need help fast, from people you trust, at any hour, it's good to know you're always near a Dignity Health Neighborhood Hospital.

With four convenient locations across the valley, you will see a board-certified physician within minutes. We call it our “Door-to-Doc” time. Our goal is still 10 minutes, even during the pandemic. Our caring teams will treat your medical emergency with speed and compassion.

Dignity Health Neighborhood Hospitals are more than just ERs. We are small-format hospitals with multiple services. In addition to our efficient emergency rooms, full labs, and radiology services, we provide limited inpatient stays featuring nurse-to-patient ratios as low as 1-to-1.

Should you or a family member require an overnight stay, we offer comfortable, around-the-clock care with *humankindness*. Patients are cared for and closely monitored by our experienced and empathetic nursing staff and physicians.

Dignity Health Neighborhood Hospitals are recognized as innovative leaders in the delivery of health care. Our efficient facilities fill an essential need—quick access to 24-hour care, a short drive from any home in the valley.



Find your nearest location at StRoseNH.org.



Blue Diamond Campus

4855 Blue Diamond Road
Las Vegas, NV 89139
702.216.7305

Sahara Campus

4980 W. Sahara Ave.
Las Vegas, NV 89146
702.216.7365

North Las Vegas Campus

1550 W. Craig Road
North Las Vegas, NV 89032
702.777.3615

West Flamingo Campus

9880 W. Flamingo Road
Las Vegas, NV 89147
702.216.7335

Find a doctor, locations, and services: StRoseHospitals.org



Now showing at an MRI near you: MRI-safe goggles

An MRI scan is a tremendous diagnostic tool, but many patients become anxious about the experience. It's painless, but lying in a small tube surrounded by a machine making loud noises for 20 minutes can be unsettling—especially if you're 5 years old.

Through a generous donation from Children's Miracle Network Hospitals, the imaging department at our Siena Campus is the only place in southern Nevada where patients have the option of watching a favorite movie or TV program on MRI-safe goggles during an MRI scan.

On with the show!

Because of an MRI's sensitive magnetic field, ordinary entertainment devices can't be used during a scan. These new MRI-safe goggles can eliminate the need to sedate anxious patients, especially children.

Mac Wayment, DO, a Siena pediatric intensivist, admits it's hard to keep young kids still. "Sometimes the best thing is to put on a movie and have them watch TV for a little bit. You are



These goggles help little bodies (and full-grown ones) stay still for their moment in the spotlight.

distracting them from an unfamiliar environment with something more familiar."

Children may bring a favorite movie from home or choose one from the hospital's library. Rather than focusing on the scan, kids are happily engaged with Elmo or *The Incredibles* or any other adventure they choose.

Picture perfect

Siena MRI Technologist Floyd Huckaby says a still patient means a clearer MRI image.

"With the goggles, kids are distracted from the loud noises of the scanner. If they are holding still, I'm going to get a sharp, clear image."

The goggles work best with children over 5 years old, but they have been used with kids as young as 3. Adults find them helpful as well.

Using the goggles helps speed the process, too, as it eliminates any anesthesia recovery time.



Where kids come first

Faith-based, not-for-profit St. Rose Dominican hospitals are the only Children's Miracle Network Hospitals in southern Nevada.

If you would like to support Children's Miracle Network through the St. Rose Dominican Health Foundation, go to SupportStRose.org, click on "Ways to Give," and designate your gift to "Children's Services."



Visiting the ER in the age of COVID-19

When you have a serious illness or injury, you need care right away. Our emergency rooms (ER) at Rose de Lima, San Martín, and Siena are here for you anytime, day or night, with board-certified emergency physicians and specialized pediatric emergency nurses.

But during this time of COVID-19, many people are concerned about the risk of acquiring the virus during a trip to seek urgent medical care.

Emergencies shouldn't wait—even now

Irena Vitkovitsky, MD, Medical Director for the Siena Campus

Emergency Department, assures us that proper precautions are being closely followed. At St. Rose, it is safety first, healing always.

“When patients enter the ER, a health professional immediately screens them for signs or symptoms of COVID,” says Dr. Vitkovitsky. “At that point, if we are concerned



Kids need special care in emergencies

Children are not small adults. Their bodies and minds are completely different. In an emergency, it's important to bring your child to a place with the experts and the facilities to deliver proper care.

St. Rose Dominican hospital's Siena Campus has one of the only dedicated children's emergency

rooms in southern Nevada.

The board-certified pediatric emergency medicine doctors at the Siena Pediatric ER are highly experienced in caring for the unique needs of children and teens in emergencies.

The Pediatric ER is separate from the main ER and is filled with DVDs

at all, that patient is immediately isolated to a separate area in the Emergency Department.”

A well-fitted mask is provided to every person who walks in the door. Every precaution has been taken for your health and peace of mind, including:

- COVID-19 screening prior to entry
- Universal masking with hospital-grade masks
- Limiting the number of visitors
- COVID-19 testing in advance of procedures
- Enhanced cleaning
- Separating COVID-19 patients in treatment areas

Once you are safely in the ER, you will be assessed by our staff and your treatment will progress normally—although time sometimes seems to pass slowly in the ER.

Christopher Cheng, MD, Assistant Medical Director for the San Martín Emergency Department, understands completely. “The Emergency Department often has this feeling of hurry-up-and-wait, meaning we rush you in to get seen, but then we order these tests that take hours. Not everything can be determined quickly, and it does

take time for labs and radiology results to come back.”

It may seem like nothing is happening, but the nurses are keeping a watchful eye on you while the doctors are reviewing your results. Everything is happening behind the scenes to get you taken care of, diagnosed, and treated.

The danger of delaying care

“We are very concerned that the community is not coming in or delaying visits for emergency medical care out of fear of acquiring the virus in the hospital,” Dr. Vitkovitsky says. But waiting at home could be a serious mistake.

During the pandemic, patients with abdominal pain have put off a trip to the ER, only to be diagnosed later with a ruptured appendix requiring emergency surgery. Others have put off seeking help for chest pain, then come to the ER hours, if not days, later to find out they’ve had a heart attack.

Dr. Vitkovitsky encourages everyone to seek timely emergency care. “If you think you have an emergency medical condition and need to be seen, we’re always here for you.”



Our Pediatric ER features:

- ✔ A child-friendly setting
- ✔ 24/7 care by board-certified pediatric emergency medicine doctors and pediatric emergency nurses
- ✔ Procedures and equipment designed for children and teens

and toys to make your child’s experience as reassuring and comfortable as possible.

You’ll find comfort knowing that your child is in the hands of trained experts who understand that a child’s medical and emotional needs are unique and require specialized care and a warm touch.



Loved ones waiting for word?

Stay connected to them with our new MyCare text system.

When you arrive in the ER, you can quickly sign up so that your loved ones will receive text message alerts throughout your care journey, including when you:

- Are seen by your nurse
- Have met with your doctor
- Have had radiology images
- Have had labs drawn
- Are ready to go home or are preparing for hospital admission

Hello humankindness.™

“What wisdom can you find that is greater than kindness?”

—Jean-Jacques Rousseau



Get the care you need, when you need it most



ACUTE CARE HOSPITALS

- Rose de Lima Campus
- San Martín Campus
- Siena Campus
- Dignity Health Rehabilitation Hospital



NEIGHBORHOOD HOSPITALS

- Blue Diamond Campus
- North Las Vegas Campus
- Sahara Campus
- West Flamingo Campus



DIGNITY HEALTH MEDICAL GROUP NEVADA

- Blue Diamond Clinic
- Dignity Health Urgent Care
- Henderson Clinic
- Pavilion Clinic
- San Martín Clinic
- West Flamingo Clinic

DIGNITY HEALTH PHYSICAL THERAPY

- Aliante
- Blue Diamond

- Centennial Hills
- Coronado Center
- East Las Vegas
- Henderson
- Nellis–Northeast
- North Tenaya–Northwest
- Raiders Way/Inspirada
- Seven Hills
- Southwest
- West Flamingo
- West Sahara
- Pediatric Therapy Henderson

COMMUNITY OUTREACH CENTERS

- Community Outreach Center–Green Valley
- Community Outreach Center–Henderson
- Community Outreach Center–West
- Dignity Health Wellness Center–Blue Diamond
- Dignity Health Wellness Center–North Las Vegas
- Dignity Health Wellness Center–West Flamingo

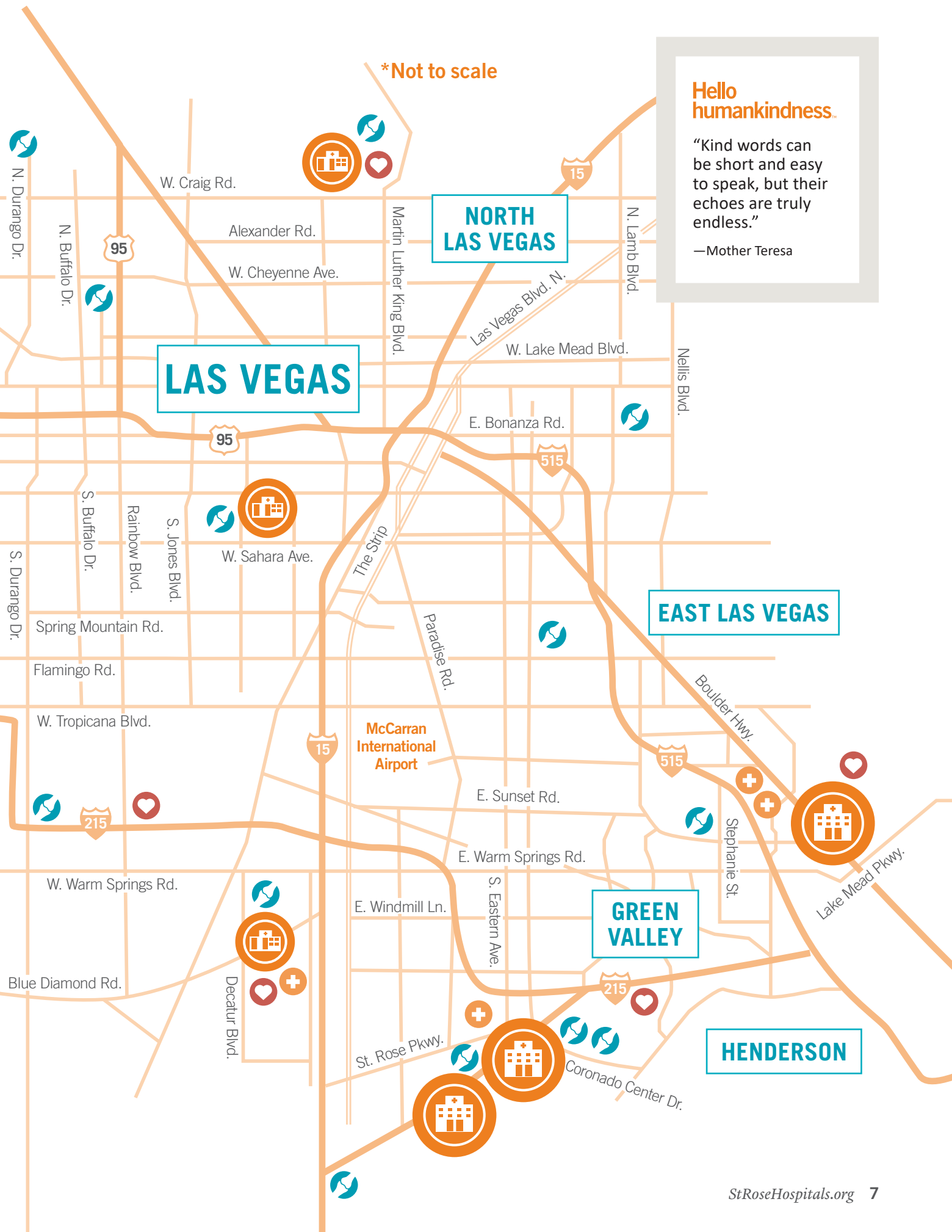


*Not to scale

Hello humankindness.

“Kind words can be short and easy to speak, but their echoes are truly endless.”

—Mother Teresa



NORTH LAS VEGAS

LAS VEGAS

EAST LAS VEGAS

GREEN VALLEY

HENDERSON

McCarran International Airport

The road to recovery starts here



Healing begins at Dignity Health Rehabilitation Hospital

After a serious illness or injury, people often need highly specialized care, delivered with *humankindness*, to help regain their strength, mobility, and independence. Helping them reach their goals and adjust to life ahead is our privilege and mission. And it is the heart of what we do at Dignity Health Rehabilitation Hospital.

This special facility on the Siena Campus in Henderson brings a unique level of rehabilitation expertise to southern Nevada.

A place for hope and healing
Dignity Health Rehabilitation Hospital is specially designed to help people who are recovering from serious conditions, such as:

- Amputations
- Brain injuries
- Neurological disorders
- Orthopedic trauma
- Spinal cord injuries
- Strokes

The facility has 60 all-private rooms, along with kind and caring staff who are able to provide world-class clinical care close to home.

Experts at your side

Our patients benefit from working with a wide range of specialists. These may include nurses, therapists, psychologists, case managers, and

doctors who specialize in physical medicine and rehabilitation.

Dignity Health Rehabilitation Hospital is managed by experts from Select Medical and its Kessler Institute for Rehabilitation, which is ranked as one of the top rehabilitation hospitals in the nation.

This team puts together a plan of care that is tailored to each patient's needs and goals. For example, we can help people:

- Regain strength and mobility
- Improve physical and cognitive function
- Gain independence in daily activities, like dressing, grooming, and eating

- Improve speech and swallowing
- Learn to use adaptive strategies and technologies
- Find emotional strength and confidence

Rebuilding lives

In addition to around-the-clock nursing care, patients receive at least three hours of physical, occupational, or speech therapy each weekday, plus weekends as needed. And their recovery is supported by advanced technology and the latest research.

Active therapy sessions are balanced with recreational activities, visits with loved ones, and personal time to create a



well-rounded healing experience.

Throughout the journey, we closely monitor each patient's progress and adjust treatments as needed.

Our ultimate goal at Dignity Health Rehabilitation Hospital is to work together to help each person heal mind, body, and spirit. We want to help you safely return home and get back to your best life.

“Our wounds are often the openings into the best and most beautiful part of us.”
—David Richo



NEW NAME,
SAME PASSION

Dignity Health Physical Therapy

Dignity Health and Select Medical are pleased to announce an exciting new partnership. Select Physical Therapy and Select Kids Pediatric Therapy have joined the Dignity Health family. They are now Dignity Health Physical Therapy and Dignity Health Pediatric Therapy.

We're changing our name—but the same dedicated, experienced therapists will continue to treat patients here in southern Nevada. We remain committed to providing the high-quality care our patients and their families have come to rely on and trust, including:

- Physical, occupational, and speech therapy
- Sports medicine
- Pediatric therapy

By starting the rehabilitation process at the onset of injury or pain, physical therapy can efficiently strengthen your body, reduce pain, and help prevent future injury.

Our centers come with state-of-the-art equipment and a bright, cheerful atmosphere. Telerehab allows us to bring our services to our patients via the device of your choice in a private and secure way.

We are also taking extensive preventive measures to keep our patients safe, including screening, masking, and disinfecting.

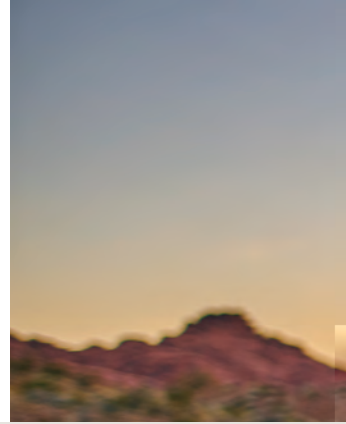
If you have questions, reach out to us at 877.200.9777.



Start the journey home. To learn more about how Dignity Health Rehabilitation Hospital can help you or your loved one, visit DignityHealthRehab.com.

For your health

Calendar of classes and events | Spring 2021



Wellness has moved to cyberspace

The pandemic may have temporarily closed our Wellness Center doors, but it can't keep us from our mission of keeping you fit and healthy. Many of the classes you love are still being held on the internet. Right now. Free of charge. From Zumba and Yoga to Baby Basics and Toddler Time with Miss Tawanda. So call your friends, grab a towel, and join us in cyberspace from your living room. We're providing everything you've come to count on us for. Our schedule updates every week, but you can always find it at [StRoseHospitals.org/VirtualClasses](https://www.strosehospitals.org/VirtualClasses).

Fitness

Chair Yoga

A beginners-level class.
Wednesdays, 4 to 5 p.m.

Fun Fitness with Jeannine

Low-impact cardio and strength-building.
Monday through Friday, 9 to 10 a.m. or 1 to 2 p.m.

Fun Fitness with Paige

Tuesdays and Thursdays,
11 a.m. to noon

HIGH Fitness

Join us in this one-hour, fast-paced aerobics class. For details, call **702.616.4902**.

STRONG 30

A 30-minute, high-intensity, full-body workout.
Tuesdays, 6:30 to 7 p.m.

Tai Ji Quan: Moving for Better Balance

Mondays and Wednesdays,
9 to 10 a.m.
Call **702.616.4922** to learn more and register.

Trauma Recovery Yoga

Turn loss into blessings and pain into power.
Tuesdays, 4 to 5 p.m.

Zumba

Dance to great music with great people!
Thursdays, 7 to 8 p.m.

Zumba GOLD

A low-impact dance fitness class perfect for beginners of all fitness levels.
Mondays, 11 a.m. to noon

Wellness

Bariatric Weight Loss Program

Let us help you get started on your journey to weight loss and more life in our online seminars. Please call **702.616.4976** for information.

Better Breathers Club

Chronic lung diseases can be managed.

First Thursday of every month,
1 to 2 p.m.

For details and the monthly Zoom link, call **702.419.4288**.

Caregivers Support Group

First and third Tuesdays, 4 to 5 p.m.
Call **702.616.4912**.

Nevada Medicare Assistance Program

Offering unbiased Medicare counseling (SHIP), assistance with health care fraud, abuse and errors (SMP), and resources for Medicare costs. Call **702.616.4926** or **800.307.4444**.

This project was supported in whole or in part by grant numbers 90SAPG0066-01-00, 90MPPG0047, 1801NVMISH-01, 1801NVMIA.A-01, and 1801NVMIDR-01, from the U.S. Administration for Community Living (ACL) as well as the Nevada Aging & Disability Services Division (ADSD).





Hello humankindness™

“We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up ... discovering we have the strength to stare it down.”

—Eleanor Roosevelt

Chronic Pain Self-Management Program

An hour-long class held once a week for six weeks. Call **702.616.4932**.

Diabetes & Nutrition

Individual phone consultations and Zoom group classes available. Call **702.616.4975**.

Eating for a Healthy Heart

An interactive class with personalized strategies. Call **702.616.4902** for details.

EMPOWERED

Help for women with substance use disorders during pregnancy and after giving birth. Call **702.492.8593** for information.

Healthy Heart Program

A four-week series designed to boost confidence in managing your heart health. Customized classes and consultations with a registered dietitian and a pharmacist. Includes a monthly box of fresh fruits and vegetables! For information or to see if you qualify for our FREE program, call **702.616.4906**. Classes also available in Spanish.

Let's Talk

A pregnancy and postpartum support group.

Mondays and Wednesdays, noon to 1 p.m.

For more information or to register, please call **702.620.7025**.



Virtual Birth Center tours

Life's first hellos start here. Take a free virtual tour of our Birth Centers at the San Martín and Siena Campuses, and see firsthand what it's like to deliver your baby at St. Rose Dominican.

Learn more and take a tour at **StRoseHospitals.org/baby**.

National Diabetes Prevention Program

Work with a lifestyle coach to get inspired and motivated in achieving the best version of yourself. Call **702.616.4975** to enroll in this 12-month journey.

Infants, Children & Parenting

Baby Basics

Learn how to care for your new baby. For more information or to register, call **702.616.4902**.

Breastfeeding

Our lactation staff will provide information and support. For more information or to register, call **702.616.4902**.

Infant Development Playgroup

Come play and learn with your infant! Ages newborn to 12 months.

Mondays, 11 to 11:30 a.m.

Got SNAP? Supplemental Nutrition Assistance Program

Three Square will help you with your SNAP application. Call **702.616.4905** for an appointment.

Pee Wee Kids Fitness & Dance Boot Camp

A high-impact workout for ages 6 through 12.

Mondays, 2 to 3 p.m.

Prenatal Yoga

Become more resilient during and after pregnancy.

Tuesdays, 3 to 4 p.m.

Toddler Time with Miss Tawanda

Join us for singing, dancing, and story time!

Tuesdays and Thursdays, 11 to 11:45 a.m.

WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call **702.616.4905**.

Resources

Adult Mental Health First Aid

Learn how to help someone experiencing a mental health crisis until professional help arrives. Call **702.616.4902**.

Bereavement Support Group

Second and fourth Wednesdays of every month, 3 to 4 p.m.

Please call **702.616.4912**.

Powerful Tools for Caregivers

Powerful Tools for Caregivers provides tools to communicate, reduce stress, and take care of yourself in a six-week series.

For information, please call **702.616.4912**.

Senior Peer Counseling

Get help facing life's changes and challenges. Call **702.616.4902**.

Uninsured?

Nevada Health Link connects individuals to a variety of insurance plans from different health insurance companies and offers tools and resources to help you choose the plan that's right for you. Call an Enrollment Facilitator at **702.616.4904**.



From your friends at
Dignity Health—St. Rose Dominican

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

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Here
for your
family



**Did you know we have
a dedicated ER for kids?**

Whenever you need us, our
compassionate, skilled staff
is here to care for our most
precious patients. See page 4.

my baby.
by Dignity
Health



With **health trackers** and hundreds of pregnancy topics for you and your pregnancy, *my baby.* has it all in one app.

Be informed, be engaged, and be healthy with *my baby.* by Dignity Health.

For your pregnancy

It's the trusted app that guides you through pregnancy milestones, provides a place to search for answers to your questions, and connects you to Dignity Health—St. Rose Dominican resources. Let us help you stay healthy as you grow your family.

For you and your baby

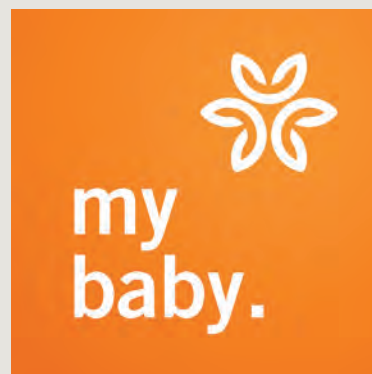
Turn to *my baby.* by Dignity Health for the trusted information you're searching for about your baby's health and development, from 0 to 2 years old. Learn about your little one's health from articles doctors trust.

Tools you can use

Get started today using *my baby.* trackers:

- ✓ Due date calculator
- ✓ Baby Boost meditation tool
- ✓ Movement tracker
- ✓ Feeding tracker
- ✓ Diaper tracker

Download today!



Search "my
baby dignity"
in your app
store.



Text **APP** to
702.745.5578
or scan the
QR code.

