

# Reach

TOGETHER IN HEALTH AND HAPPINESS



Dignity Health™  
St. Rose Dominican

SPRING 2017 ISSUE

*Viva  
vitality!*

Let your  
life shine

**A PRICELESS GIFT**

6 reasons to get your body moving

*More joy*  
Bring  
it on!

## Embrace vitality

In this issue of *Reach*, we're happy to offer tips to help you rev up your vitality.

One of the best and more powerful ways can also be the most fun: moving your body. For inspiration, check out the long list of exercise benefits in "A True Gift," page 4.

We also encourage you to seek a more joyful heart. And we're here to help—with 10 ideas to boost your mood.

We'll invite you into the kitchen, where a Dignity Health—St. Rose Dominican nutrition expert dishes out 12 healthy tips and tricks to help you get cooking. You can follow our recipe to wrap up a sweet and nutritious breakfast and learn three ways to cut back on added sugars.

We also share vital information about signs of a heart attack and offer guidance about checkups for little ones.

So reach for your best life—and start this spring with more vitality!

**Brian G. Brannman**  
Senior vice president of operations, Dignity Health Nevada



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

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

**Holly Lyman**  
Womens Care Center  
Director

**Kimber Haley**  
Marketing/Communications,  
REACH Editor

**Greg Preston**  
Sampsel Preston Photography: pages 2 and 6

2017 © Coffey Communications, Inc. All rights reserved.

# INSIDE & ONLINE

## Reach magazine



**4 FIT FOR LIFE**  
A workout can work wonders for your health.



**12 KITCHEN CONFIDENTIAL**  
Get savvy on cooking for better health.



**6 JOY WITHIN REACH**  
Dreaming of a bright, sunny day? Try these tips.



**15 LOOKING GOOD!**  
Well-baby checkups help your child get a healthy start.

## Reach online | StRoseReach.org



**NEW ONLINE:**  
**What's for dinner?**  
Terrific turkey meatloaf

**What are the 5 phases of healthy sleep?** Two of them are the most refreshing! Check them all out at **StRoseReach.org**.



EVEN MORE WAYS TO CONNECT

**StRoseHospitals.org**   

## Why I give

A heads-up...

### about distracted walking

It's a modern-day problem. You've seen it, and you may have even done it a time or two—distracted walking with a smartphone.

Talking on the phone.

Sending texts.

Listening to music.

**The danger:** falls, stumbles, collisions—and potentially serious injuries.

#### Phones down, heads up! Walk this way:

- **Keep your focus** on what's in front of and around you.
- **Stop walking**—and step aside to a safe place—to check your phone, text or take calls.
- **Skip the earbuds** or turn down the volume to hear what's going on around you.

"I have been a cook, a busboy, and a dishwasher. I have been a janitor and worked as a furniture delivery man. I have been a professor, a teacher, and a scientist. But it will be 'doctor' that someone will someday carve on my headstone. I have spent the last 25 years training to be a doctor, being a doctor, and now working as Chief Physician Executive of Dignity Health—St. Rose Dominican.

I was lucky to have found a career that has given me so much—and luckier still to be supported by my family while I pursued my goals. I also recognize that I have enjoyed my career as a doctor for completely selfish reasons. Selfish because I learned long ago that the greatest joy in life is helping others. I count it as a privilege (and a pleasure) that I spent the first half of my career caring for critically ill and injured children, and during those years, I had the further honor of working with Children's Miracle Network, which was another way to give. Giving is the best way I have found to make myself happy."

—Robert Pretzlaff, MD



**"It's my privilege and pleasure to give."** Robert Pretzlaff, MD, pictured during a trip to the Grand Canyon



**St. Rose Dominican  
Health Foundation.**

A Dignity Health Member

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

The Health Foundation is a nonprofit organization as provided under section 501(c)(3) and 509(a)(3) of the Internal Revenue Code. Contributions are tax deductible in accordance with state and federal regulations.

The **Barbara Greenspun WomensCare Centers of Excellence** 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).

# A true GIFT

Treat yourself to the benefits of exercise

**One of the best gifts** you'll ever receive is one you can give yourself. That gift is being active.

"Exercise can improve your health and life in so many ways, from staying well to boosting your mood," says Abby Guida, a fitness instructor and health educator at the St. Rose Dominican WomensCare/Outreach Centers. "It's such an important key to living with vitality."

Check out all of these wonderful reasons you should routinely treat your body to exercise.



Abby Guida



## Permanent weight loss

Lost pounds have a way of reappearing. Exercise may be the secret to stopping the cycle of losing and gaining weight. Data from the National Weight Control Registry, which tracks people who have lost 30 pounds or more and have kept them off for at least a year, reveals that 90 percent of them exercise frequently.

## Stronger muscles and bones



Strength training isn't just for burly body builders. Lifting weights—or working out with elastic exercise bands or doing calisthenics—builds and tones muscle. Here's another potential perk: It can also speed up a sluggish metabolism and help keep pounds from creeping on.

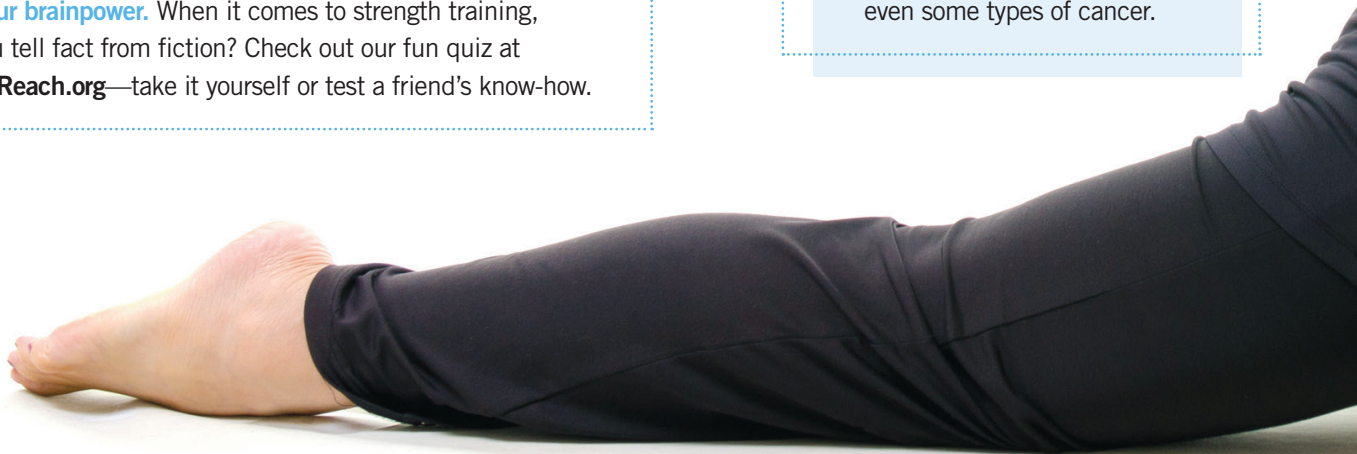
Moreover, strength training—along with weight-bearing exercises such as dancing, jogging, or brisk walking—increases bone density, which can help you fight off osteoporosis. And moderate-intensity, low-impact aerobic exercise can actually help lessen the pain of achy joints and make managing arthritis easier.

**Flex your brainpower.** When it comes to strength training, can you tell fact from fiction? Check out our fun quiz at [StRoseReach.org](http://StRoseReach.org)—take it yourself or test a friend's know-how.



## A longer, healthier life

People who are active for about seven hours a week have a 40 percent lower risk of dying prematurely than those who fit in less than 30 minutes weekly, according to the Centers for Disease Control and Prevention. Exercise may help you live longer because it can fend off a long list of health problems, from heart disease and high blood pressure to type 2 diabetes and even some types of cancer.





## Get excited about exercise!

We'd love to offer inspiration. How about rowing on a dragon boat team to get your heart and adrenaline pumping? Ever tried belly dancing? We have a class for that, too! For information and more fun workouts, turn to page 7—or visit [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).



### A happier mood

Exercise releases mood-elevating chemicals that ease tension. “Make your workouts more fun by doing something you enjoy,” says Abby. “Exercise can be more than just sweating on a treadmill. Consider hiking at Red Rock Canyon, biking on one of the valley’s many trails, or playing tag with your kids.”



### Time well spent

Any exercise is better than none. But it's best if you do a combination of aerobic exercise, activities that get you breathing harder and your heart beating faster, and muscle-strengthening exercise. Here's how much you need of each:

**Aerobic exercise.** Aim for at least 2 hours and 30 minutes of moderate exercise (such as brisk walking) every week. If you prefer vigorous exercise (such as jogging), do at least 1 hour and 15 minutes each week.

**Muscle-strengthening exercise.** Lift weights or do other muscle-building exercises at least two days a week. Work out all of your major muscle groups, including those in your arms, chest, back, stomach, hips, and legs.



### Better balance

Exercise that makes your legs stronger and improves your balance, like tai chi or yoga, helps reduce your risk of falling. Falls are the most common cause of traumatic brain injuries in the U.S.

# Bring it on

10 ways to add more joy to your life

**The poet** Henry Wadsworth Longfellow once wrote, “Into each life some rain must fall.”

If your outlook sometimes feels more cloudy than sunny, it’s time to find some joy. And it’s easier than you might think.

“Being joyful has the power to help you bounce back from stressful events,” says Tawanda McIntosh, a health educator at St. Rose Dominican’s WomensCare/Outreach Centers. “Feeling joy can help you solve problems, think creatively, and even fend off diseases.”

Tawanda McIntosh



**Yes, please!** Tawanda suggests these 10 simple ways to help make your days brighter:



**1. DO SOMETHING YOU LOVED AS A KID.** Sing silly songs, splash in puddles, or see how high you can swing.

**2. LAUGH AT LIFE’S HASSLES.** No day is perfect. But there’s often something at least a little amusing in challenging situations if you look for it.

**3. COLLECT SAYINGS OR PHOTOS THAT MAKE YOU SMILE.** Then stick them where they’re visible—on your refrigerator or at your desk—to look at when you need a pick-me-up.

**4. PLAY A SONG YOU LOVE.** Imaging tests of brains show that music can release feel-good hormones. Even better ... dance like no one’s watching!

**5. GO FOR IT.** Stop putting experiences you want to try on hold. Bake a pie from scratch, learn to crochet, or sign up for a yoga or an indoor climbing class—explore what intrigues you.

**6. TAKE A NATURE BREAK.** Look up at the sky and see how blue it really is. Go on an early-morning walk and delight in the dew on the grass. Let nature’s beauty soothe you.

**7. TAKE A MENTAL BREAK.** Close your eyes and imagine a place you love. Use all your senses. Are you drawn to the beach? Smell the salt water, feel the sun on your back, and hear the crashing waves.

**8. SPREAD HAPPINESS.** When you get good news, don’t keep it to yourself—tell a friend. You’ll relive the moment and have the extra pleasure of your friend’s reaction.

**9. SEEK OUT HAPPY PEOPLE.** Good moods are contagious.

**10. DEVELOP YOUR PLAYFUL SIDE.** Joke with strangers in line, arrange nights out with friends, or have a regular game night with your family.



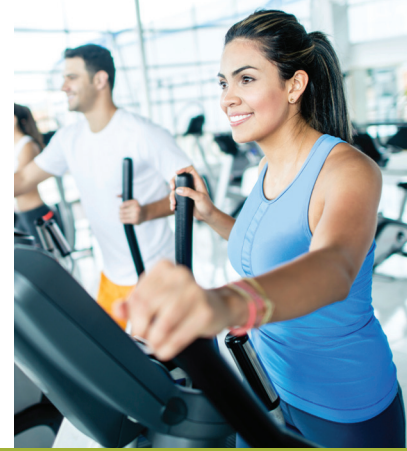
## Create some joy.

Painting, meditating, and mindful journaling are a few ways to find inner peace. Join us—see the calendar on page 8 or online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

# For your HEALTH

CALENDAR OF CLASSES  
AND EVENTS • SPRING 2017

\* For classes that require registration, you can now register 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.



Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call **702.616.4900**, unless otherwise noted.



## Fitness

All fitness classes are drop-in only, unless otherwise noted. Fees paid on arrival.

### Dragon Boat Paddling

Individuals paddle for fun and fitness. Open to paddlers of all levels. Dates, times, and registration at [meetup.com/LVDragonBoatClub](http://meetup.com/LVDragonBoatClub).

Lake Las Vegas: \$10 per person

### Walking Clubs

For all ages and fitness levels. Strollers welcome. Call **702.616.4902** for seasonal meeting locations.

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

### Take It Easy Yoga

Pre-beginner class done with assistance of a chair. No floor work involved. Appropriate for prenatal participants.

**Mondays, 11:30 a.m. to 12:30 p.m.**

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

### Gentle Yoga

Gain flexibility and balance through gentle yoga movements.

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

**Fridays, 8 to 9 a.m.**

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

## Rose Regatta Dragon Boat Festival

For more information and to register for the ninth annual Rose Regatta, visit [roseregatta.org](http://roseregatta.org) or call **702.492.8557**.

**Saturday, Oct. 14,  
7 a.m. to 4 p.m.**  
Lake Las Vegas

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

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

### Yoga for Beginners (all levels)

Learn alignment and foundational concepts to deepen your practice.

**Mondays, 5:30 to 6:30 p.m.**

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

### Mixed-Level Yoga

Requires solid experience beyond beginner. Bring a block and strap, if possible.

**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 postures to build strength, balance, and flexibility.

**Tuesdays, 6 to 7 p.m.**

**Fridays, 10:20 to 11:20 a.m.**

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

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

### Zumba Fitness

**Mondays and Thursdays,  
6 to 7 p.m. and 7:15 to 8:15 p.m.**

**WEST** \$5 per session, five sessions for \$20, or 10 sessions for \$30

### Flex Fusion

Therapeutic stretching with flexibility for floor or chair exercise.

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

**WEST** FREE

### Belly Dancing

**Saturdays, April 8, May 13,  
June 10, 10:30 a.m. to noon**

**WEST** FREE



## Nutrition

### Got SNAP?

Three Square will help you complete and submit your Supplemental Nutrition Assistance Program application. Call **702.616.4905** for an appointment.

**Tuesdays, 8 a.m. to noon**

**GV** WIC: FREE

### Lose Weight with Hypnosis

Wear comfortable clothes and bring your pillow.

**Wednesday, May 17,  
6 to 8 p.m.**

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

**Tuesday, June 27,  
6 to 8 p.m.**

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

### Nutrition Consultations

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

Call **702.616.4975**.



## Wellness

### Healthier Living

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

**Saturdays, April 22 to  
May 27, noon to 2:30 p.m.**

Valley View Recreation Center, 500 Harris St.  
Call **702.267.4060**.



## LOCATION KEY

(See full key and map on page 8.)

# For your HEALTH

CALENDAR OF CLASSES AND EVENTS • SPRING 2017



Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call 702.616.4900, unless otherwise noted.

## Relax and Paint

Join us for an evening of calming creativity as we paint.

**Wednesday, May 31, 6 to 9 p.m.**

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

## Energy Healing Circle

Reduce stress and heal with chakra balancing.

**Wednesdays, April 5, May 3, June 7, 7 to 8 p.m.**

**WEST** FREE

## Balancing Energy Fields

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

**Wednesdays, April 12, May 10, June 14, 6 to 8 p.m.**

**WEST** \$5

## Relaxation Meditation

Practice techniques that promote peace and health.

**Wednesdays, April 5, May 3, June 7, 5:45 to 6:45 p.m.**

**WEST** FREE

**Tuesdays, April 11, May 9, June 13, 5:30 to 6:30 p.m.**

**GV** FREE

## The Mind Spa: Creative Journaling

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

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

**GV** FREE

## Safe Sitter

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

**Monday, June 26, 9 a.m. to 4:30 p.m.**

**GV** \$20 (includes lunch)

## Self-Hypnosis for Positive Thinking

Wear comfortable clothes and bring your pillow.

**Thursday, May 25, 6 to 8 p.m.**

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

**Wednesday, June 28, 6 to 8 p.m.**

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



## Diabetes Management

### What Is Prediabetes?

How to avoid or delay diabetes.

**Tuesday, April 25, 10 a.m. to noon**

**Friday, May 26, 2:30 to 4:30 p.m.**

**Thursday, June 15, 5:30 to 7:30 p.m.**

**GV** FREE

### National Diabetes Prevention Program

Modest lifestyle changes can help you avoid the bigger changes that come with managing type 2 diabetes.

Call 702.616.4914 to enroll in this 12-month program.

**Thursdays, starting April 27, 6 to 7 p.m.**

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

### DATE (Diabetes Awareness Treatment and Education)

Individual visits available with an option for additional visits done individually or in group classes. Flexibility in scheduling. Group classes are three-day sessions:

**Tuesdays, April 4, 11, 18, 9 a.m. to noon**

**Tuesdays, June 6, 13, 20, 9 a.m. to noon**

**GV**

### Gestational Diabetes

Diagnosed with diabetes during pregnancy? Meet one-on-one with a certified diabetes educator. Call 702.616.4975 for an appointment.

### Stanford Diabetes Self-Management Program

This six-week program offers support, healthy eating tips, medication management, and communication know-how.

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



## LOCATION KEY

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



Complements your current medical treatment.

**Wednesdays, May 3 to June 7, 9 to 11:30 a.m.**

**GV** FREE

**Tuesdays, May 23 to June 27, 10 a.m. to 12:30 p.m.**

Henderson Multigenerational Center, 250 S. Green Valley Parkway. Call **702.267.5800**.

### Kidney Smart

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

**Thursday, April 27, 10 to 11:30 a.m.**

**WEST** FREE

**Thursday, May 25, 10 to 11:30 a.m.**

**HEND** FREE

**Thursday, June 22, 6 to 7:30 p.m.**

**GV** FREE



## Heart and Stroke Programs

### NEW! Eat Your Heart Out: 5 Easy Steps to Boost Heart Health

Learn to eat for a healthy heart. Manage hypertension, high cholesterol, and high triglycerides through nutrition.

**Uninsured?** Make an appointment with one of our exchange enrollment facilitators. Call **702.616.4904**.



A dietitian-led and hands-on approach makes this an interactive class with personalized strategies.



**Friday, April 28, 3 to 4:30 p.m.**

**GV** FREE

**Wednesday, May 10, 3 to 4:30 p.m.**

**WEST** FREE

**Wednesday, June 21, 5 to 6:30 p.m.**

**WEST** FREE

### Heartsaver CPR/AED

Learn adult, child, and infant CPR, AED, and choking first aid. Two-year American Heart Association certification for non-health care providers.

**Wednesday, April 26, May 24, or June 28, 5 to 9 p.m.**

**GV** \$30 (includes AHA certification card)



## Smoke-Free

### Freedom from Smoking

Kick the habit with this six- or seven-week American Lung Association program.

**Tuesdays, April 18 to May 30, 5:30 to 7:30 p.m.**

**HEND** FREE

### Stop Smoking with Hypnosis

Wear comfortable clothes and bring your pillow.

**Thursday, April 27, 6 to 8 p.m.**

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



## Cancer Screenings and Survivorship

### Cancer Thriving and Surviving

Are you a patient in treatment or a cancer survivor? This six-week Stanford program enhances regular treatment.

**Mondays, April 3 to May 8, 1 to 3:30 p.m.**

**GV** 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 Susan G. Komen for the Cure.



## Screenings

### Health Screenings/Lab Screenings for Diabetes

Total cholesterol \$5, lipid panel (LDL, HDL, triglycerides) \$30, liver panel \$10, glucose \$5, A1C (diabetes) \$10, thyroid panel (TSH and FT4) \$10. A 12-hour fast is required.

**Thursday, May 11, 7 to 10 a.m.**

**GV** See prices above. Appointment needed.

**Thursday, June 15, 7 to 10 a.m.**

**WEST** See prices above. Appointment needed.

### Metabolic Testing

Call **702.616.4975** for an appointment.

**GV** \$45



## Support Groups

- AA Co-Ed **MAC** **Thursdays, 7 p.m.**
- AA for Women **GV** **Mondays, 7:30 p.m., and Wednesdays, noon**
- ALS Support
- Alzheimer's Support
- Arthritis Support (**New!**)
- Bereavement Support
- Better Breathers COPD
- Breast Cancer Support
- Compassionate Friends: bereavement support for parents and grandparents of children who have died
- Compulsive Eaters
- Diabetes Support
- Divorce Support
- Gamblers Anonymous
- Infertility Support
- Leukemia and Lymphoma Support (**New!**)
- Multiple Sclerosis Support
- Narcotics Anonymous
- Parenting Support
- Stroke and Aphasia Lunch Bunch
- Suicide Prevention Lifeline: **800.273.8255**
- Surviving Suicide: bereavement support for adults



## Pregnancy and Childbirth

### Text4baby

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



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

**HEND** WomensCare/Outreach/FTF Center  
Rose de Lima Campus, Henderson  
98 E. Lake Mead Parkway, Suite 301

**MAC** Siena Campus—MacDonald Room  
Henderson  
3001 St. Rose Parkway

**RAN** Rose de Lima Campus—Annex  
Henderson  
102 E. Lake Mead Parkway

**RDL** Rose de Lima Campus, Henderson  
102 E. Lake Mead Parkway

**SAN** San Martín Campus, Las Vegas  
8280 W. Warm Springs Road

**WEST** WomensCare/Outreach Center, Las Vegas  
7220 S. Cimarron Road, Suite 195

# For your HEALTH

CALENDAR OF CLASSES AND EVENTS • SPRING 2017



Register online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes) or call 702.616.4900, unless otherwise noted.

## Fit 4 Baby

Join FIT4MOM® Las Vegas for an interval-based prenatal fitness class that combines cardio, stretching, and balancing exercises. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com) or by calling 702.882.1795.

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

**GV** 10 classes for \$110

## Car Seat Safety Checks

Call 702.616.4902 for an appointment.

**Tuesdays, April 4, May 2, June 6, 10 a.m. to noon**

**WEST** \$10

**Fridays, April 14, May 12, June 9, 1 to 5 p.m.**

**GV** \$10

**Fridays, April 21, May 19, June 16, 1 to 5 p.m.**

**GV** \$10



## Prenatal Classes

### Baby Basics

**GV** \$30

### Breastfeeding

**GV** \$30

### Childbirth Express

**GV** \$35

## Daddy Boot Camp

**GV** \$20

## Gestational Diabetes Consultations

Call 702.616.4975.

## Infant CPR

**GV WEST** \$20

## Prepared Childbirth

**GV** \$50

## Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 702.784.8669.



## Breastfeeding

### Breastfeeding Helpline and Consultations

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

### Baby Weigh Stations

Baby weight checks. No appointment necessary.

**GV WEST HEND** FREE

### Breast Pump Rentals

Rent the Medela Symphony, a hospital-grade, double-electric pump.

**GV WEST**

## FREE Birth Center Tours

### San Martín Campus:

Third Saturday mornings and every Tuesday evening

**Siena Campus:** Third Saturday afternoons and fourth Monday evenings

**Registration required.**

## 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

## La Leche League

Join other nursing mothers for information and support.

**Thursdays, April 27, May 25, June 22, 10 to 11 a.m.**

**HEND** FREE



## Infants, Children, and Parenting

Did you know that up to 20 percent of pregnant and new moms will experience some form of anxiety or mood disorder? Anxiety and mood disorders are treatable! Visit [nvnmch.org](http://nvnmch.org) for information, support, and resources.

## Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at [lasvegas.fit4mom.com](http://lasvegas.fit4mom.com).

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

**GV** 10 classes for \$110

## Dancing with Miss Jenny®

Encourage your child's motor and cognitive skills with silly moves, props, and parent participation. For children ages 18 months to 5 years.

## 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

## Celebrating World Health Through Breastfeeding

Join the Southern Nevada Breastfeeding Coalition for the fifth annual Nurturing Naturally event.

**Saturday, April 8, 10 a.m. to 2 p.m.**

Cottonwood Room, Las Vegas Springs Preserve, 333 S. Valley View Blvd., Las Vegas  
FREE



My Baby  
By Dignity Health

## My Baby App

Dignity Health's new My Baby App provides valuable advice during your pregnancy journey.

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

**Mondays or Tuesdays, 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m.**



**WEST** FREE

**Wednesdays, 9:15 to 9:45 a.m.**

**HEND** FREE

**Thursdays, 11:15 to 11:45 a.m. or noon to 12:30 p.m.**

**GV** FREE

### Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

**Fridays, 11:30 a.m. to 12:30 p.m.**

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

### Toddler Play Group

Toddlers ages 3 and under join Family to Family for music and movement.

**Tuesdays, 12:30 to 1:15 p.m.**

**GV** FREE

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

**WEST** FREE

### Infant Development

A development playgroup for babies up to age 1.

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

**GV** FREE

### Sing and Sign: Food Time

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

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

**GV** FREE

**Thursdays, April 6 and 20, May 4 and 18, June 1 and 15, 1 to 1:30 p.m.**

**WEST** FREE

**Tuesdays, April 18, May 16, June 20, 11 to 11:30 a.m.**

**HEND** FREE

## LOCATION KEY

(See full key and map on page 8.)

### Infant Nutrition

A registered dietitian leads a weekly mommy-baby group focused on homemade baby food, weaning, starting solids, and more.

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

**GV** FREE

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

Three-week series for parents with babies from birth to 1 year old. Visit [weecansign.com](http://weecansign.com).

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

**Thursdays, May 4, 11, 18, 10 to 11 a.m.**

**Saturdays, May 20, 27, June 3, 10:30 to 11:30 a.m.**

**Thursdays, June 22, 29, July 6, 10 to 11 a.m.**

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

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

For parents with toddlers ages 1 to 3. Visit [weecansign.com](http://weecansign.com).

**Saturdays, April 15, 22, 29, noon to 12:45 p.m.**

**Thursdays, May 25, June 1, 8, 10 to 10:45 a.m.**

**Thursdays, June 15, 22, 29, 10 to 10:45 a.m.**

**WEST** \$69 (includes Pick Me Up kit)

### Love and Logic: Parenting Made Fun!

Learn practical skills to handle common parenting concerns from birth to 5 years of age! Five-week series.

(Scholarships available; call **702.616.4377**.)

**Wednesdays, April 12, 26, May 3, 10, 17, 10 a.m. to noon**

**HEND** \$50

**Fridays, April 14, 21, 28, May 5, 12, 2 to 4 p.m.**

**WEST** \$50

**Thursdays, June 1, 8, 15, 22, 29, 6 to 8 p.m.**

**GV** \$50

\* For a complete listing of classes and events, visit [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

### Fresh Start: Pre-K Ready!

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

**Fridays, April 7, 21, May 5, 19, June 2, 16, 30, 11 a.m. to noon**

**HEND** FREE

**Tuesdays, April 4, 18, May 2, 16, 30, June 13, 27, 1 to 2 p.m.**

**WEST** FREE

### Toddlers in the Kitchen

Get your toddler engaged in healthy eating through fun tips and activities—from the garden to the kitchen! Ages 1 to 4 years.

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

**HEND** FREE

**Wednesdays, April 12, 26, May 10, 24, June 14, 28, 2:15 to 3 p.m.**

**WEST** FREE

### Crawlers and Climbers

Let little ones safely explore through texture and climbing structures. Ages 9 to 24 months.

**Fridays, April 7 and 21, May 5 and 19, June 2 and 16, 9:15 to 10 a.m.**

**HEND** FREE

### Teddy Bear Clinic

Toddlers are introduced to first aid to learn the process of doctor checkups. Each participant will get a FREE teddy bear to practice on! Space is limited. Ages 2 to 5 years old.

**Thursday, April 27, 5 to 6 p.m.**

**WEST** FREE

### Parenting with a Purpose and Pancakes!

Learn love and logic techniques over healthy treats. Ages birth to 5 years old.

**Fridays, April 14, May 12, June 9, 9 to 10:30 a.m.**

**HEND** FREE

### Keeping Kids Fit Workshop with PBSKids

Let's learn how to get fit with PBSKids. Ages 2 to 5 years old.

**Tuesday, May 9, 12:30 to 1:30 p.m.**

**HEND** FREE

## WIC Play Date

Join us for WIC's celebration of National Infant Immunization Week. No-cost immunizations for uninsured, Medicaid, Nevada Check Up, and underinsured children. Health resources, dental and vision checks, nutrition education, and fun activities for the whole family.

**Wednesday, April 19, 10 a.m. to 2 p.m.**

Las Vegas Springs Preserve, 333 S. Valley View Blvd., Las Vegas

Free entry for WIC participants ONLY. Please call your local WIC office for more information.



# 12 COOKING TIPS & TRICKS



## Get ready to raise a whisk to better health and vitality.

Before you hit the grocery store or the drive-thru, check out these cooking tips and tricks from Sharon Nasser, Director of Nutrition Services at Dignity Health—St. Rose Dominican’s San Martín Campus. “Each one is a no-fuss way to help you and your family eat better—without sacrificing taste,” says Sharon. “Together, they can help fuel your days with nourishing foods—and offer protection from serious health conditions, including heart disease, cancer, and diabetes.”



Sharon Nasser

**1 Go for fiber-filled flour.** In dough and batter, substitute fiber-rich whole-wheat flour for half of the refined white flour. Give oat flour a try, too—you can even make your own. Just whirl dry oatmeal in a blender. Then replace up to a third of the white flour in recipes with the oat flour.

**2 Let garlic sit a spell.** After crushing or chopping raw garlic, let it sit for 10 or 15 minutes, rather than tossing it into a hot pan right away. The extra time triggers an enzyme reaction that boosts the production of allicin, a powerful, health-promoting plant chemical.



Give it a try soon! How about some pasta shells with garlicky kale? Find the recipe at [StRoseReach.org](http://StRoseReach.org).

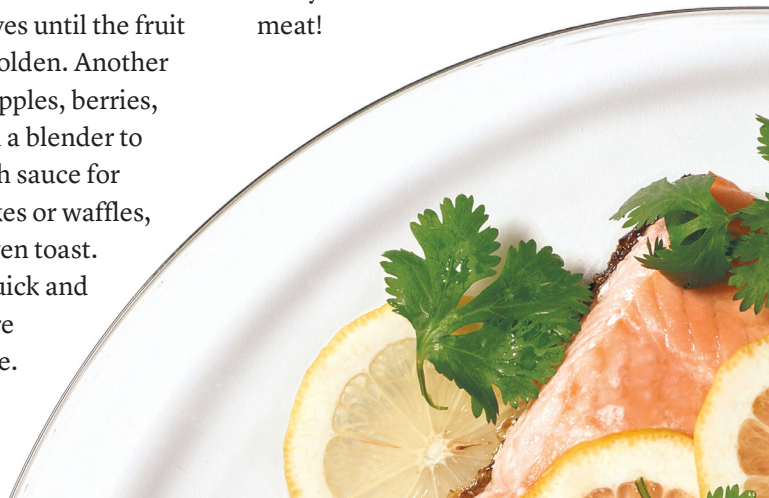
**3 Scale back on sugar.** Typically, you can reduce the sugar in any recipe by a quarter, and you won’t taste the difference. Or you can switch out sugar for an equal amount of unsweetened applesauce. You can also sweeten recipes with vanilla or peppermint extracts or spices, such as cinnamon or allspice.

**4 Satisfy a sweet tooth with fruity delights.** Serve baked apples or pears for dessert. Or grill bananas, pineapple slices, or peach halves until the fruit is hot and slightly golden. Another sweet trick: Puree apples, berries, peaches, or pears in a blender to make a nutrient-rich sauce for whole-grain pancakes or waffles, frozen yogurt, or even toast. See page 16 for a quick and fruity treat and more sugar-cutting advice.



**5 Make over quickbreads and muffins.** Cut back on calories and saturated fat by substituting three ripe, well-mashed bananas for ½ cup butter, lard, shortening, or oil in a recipe. Or try this swap: Replace 1 cup of any of these fats with 1 cup of applesauce.

**6 Keep cookouts lean.** Please a crowd with turkey burgers. Make them from ground turkey breast (it can be as lean as 99 percent fat-free) seasoned with cilantro, shallots, or chili sauce. For variety, serve marinated and grilled portobello mushrooms. They’re beefy—without the meat!





**7 Try something grate.**  
Sneak more produce into your family's diet by adding grated or chopped fruits or veggies to your favorite foods. A few ideas: Try shredded carrots in muffins or meatloaf, grated apples in pancakes, or grated or chopped zucchini or spinach in lasagna and other pasta dishes.

**8 Keep fish heart-healthy.**  
Fish such as salmon, albacore tuna, and lake trout are rich in omega-3 fatty acids, which help reduce heart disease risk. But rather than smother fish in a creamy sauce, bake it with a splash of reduced-fat salad dressing, tomatoes, and fresh herbs. Likewise, instead of deep-frying fish, oven-fry it. Dip it first in egg whites, then coat it in breadcrumbs and bake.



**9 Create a rainbow.**  
Choose produce of different hues to increase the variety of nutrients, minerals, and phytochemicals—disease-fighting plant chemicals—in your diet. Tuck spinach leaves and sliced red pepper and avocado into sandwiches. Add sliced beets, dried cranberries, orange segments, or sweet peas to salads. And top pizzas with colorful veggies.



**10 Save the skin.**  
Scrub—rather than peel—edible skin on produce such as carrots, potatoes, and pears. It's a rich source of vitamins, minerals, and fiber. Consider: A medium baked potato with the skin on has twice the fiber of one without it—about 5 grams compared to 2.5.



## Healthy shopping on a budget.

Pick up quick tips for savvy grocery shoppers. From what to buy to what to skip, get the goods at [StRoseReach.org](http://StRoseReach.org). Look under "Health Tools."

**11 Fool your eyes.**  
Puree cooked orange veggies, such as carrots, sweet potatoes, and butternut squash. Then add them to cheesy dishes, such as mac and cheese, lasagna, and baked enchiladas. Since cheeses and the pureed veggies blend well, you can use less cheese, which tends to be high in saturated fat and sodium.

## 12 Save good-for-you nutrients.

Some minerals and vitamins dissolve in cooking water. So steam vegetables in a microwave or vegetable steamer. That way, veggies and cooking liquids usually stay separate. And resist the urge to rinse rice before cooking—that can wash nutrients straight down the drain.



**Eat Your Heart Out: 5 Easy Steps to Boost Heart Health.** Find out about our new class on page 9.

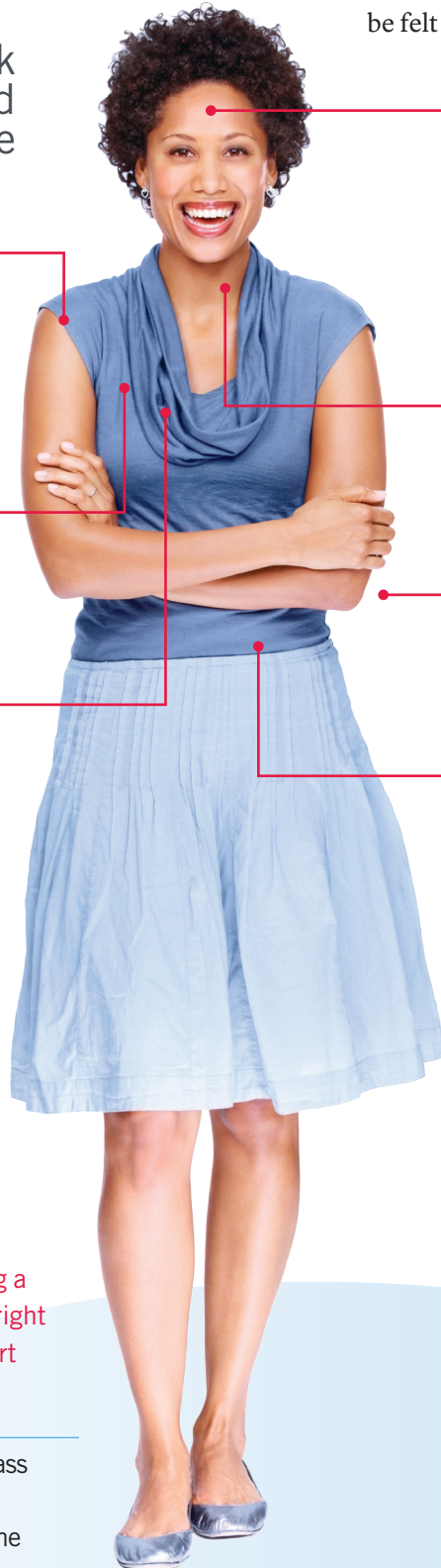
# Knowledge is power

Learn to spot heart attack symptoms—you could have one or more

**This is vital info:** “Chest pain or discomfort is the most common symptom of a heart attack,” says Zia Khan, MD, board-certified interventional cardiologist. “But symptoms can be felt in many areas of the body.”



Zia Khan, MD



**Shoulders or arms:**

pain or discomfort in one or both

**Chest:** pain or discomfort

**Lungs:** shortness of breath; coughing

**Body:** breaking out in a cold sweat; fatigue or weakness

**Head:** dizziness; light-headedness

**Neck or jaw:** pain or discomfort

**Back:** pain or discomfort

**Stomach:** pain or discomfort; nausea; vomiting



**Make the call.** If you think you're having a heart attack or witnessing one, call 911 right away. Quick treatment can help save heart tissue and lives.

**Be a lifesaver.** Our Heartsaver CPR/AED class will teach you how to respond to medical emergencies. Get details on page 9 or online at [StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).



## Cool tool!

Use our handy HeartAware online assessment to learn more about your risk of heart disease. It's free—and it only takes about 7 minutes to complete. Find it at [StRoseReach.org](http://StRoseReach.org).

Sources: American Heart Association; National Institutes of Health



# Looking good, baby!

Checkups can help keep little ones healthy

**For someone** who has just arrived in the world, your baby has a busy social calendar—to see the doctor, that is. In fact, your baby may see the doctor 10 or more times during his or her first two years.

“Well-baby checkups help us ensure infants are thriving and staying healthy,” says Emily Peterson, DO, FAAP, a pediatrician at Dignity Health Medical Group.

## Head-to-toe exams

Your baby’s first checkup takes place in the hospital soon after delivery. Doctors and nurses will give your baby a thorough physical, just to make sure everything is OK. The doctor can tell you when he or she needs to see your newborn in the days to come.

After these earliest visits, the American Academy of Pediatrics

recommends checkups:

- During the first year at 1, 2, 4, 6, 9, and 12 months.
  - During the second year at 15, 18, and 24 months.
  - At 30 months and annually starting at age 3.
- At visits, the doctor will likely:
- Measure growth by checking your baby’s weight, length, and head circumference.
  - Check your baby’s heart, lungs, eyes, ears, and mouth.
  - Ask about your baby’s routines, such as eating, digestion, and sleep patterns.

You will also have a chance to ask questions at each appointment—new parents generally have many of these. “Doctors realize this is all new for you, so feel free to speak up,” Dr. Peterson says.



**Emily Peterson, DO, FAAP**



## Vital protection

Immunizations are vital to helping your child stay safe from some serious diseases. During baby’s first two years, vaccines that are given include those for:

- Diphtheria, tetanus and pertussis (DTaP).
- *Haemophilus influenzae* type b (Hib).
- Hepatitis A and B.
- Influenza (flu).
- Measles, mumps and rubella (MMR).
- Pneumococcal diseases.
- Polio.
- Rotavirus.
- Varicella (chickenpox).

**We’ll be there!** Be sure your baby sees the doctor as needed. Keeping your checkup appointments is one of the most important things you can do as a parent. Looking for a pediatrician? Call our physician referral service at **702.616.4900**.

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



## Baked eggs in a nest

These little nest eggs are both easy and elegant. Go to [StRoseReach.org](http://StRoseReach.org) to find the recipe.



# Breakfast fruit wrap

Makes 1 serving.

## Ingredients

- 2 teaspoons fruit-only strawberry preserves
- 1 tortilla, preferably whole-wheat
- 2 tablespoons reduced-fat ricotta cheese
- 1/3 to 1/2 cup sliced fresh strawberries
- 2 tablespoons sliced almonds, toasted

## Directions

- On a surface, spread preserves on tortilla. Top with ricotta cheese,

then top with sliced fruit, and sprinkle with almonds.

- Starting from one end, roll tightly. Wrap in foil for neater eating.

**Variation:** Spread tortilla with apricot preserves and use sliced fresh or canned, well-drained peaches.

## Nutrition information

Serving size: 1 wrap. Amount per serving: 231 calories, 9g fat (2g saturated fat), 34g carbohydrates, 9g protein, 4g dietary fiber, 213mg sodium.

Source: American Institute for Cancer Research

## 3 ways to cut back on added sugars



1. Choose naturally sweet fruits for desserts or snacks.



2. Shop for foods with less or no added sugar. For instance, choose plain (instead of flavored) yogurt and add your favorite fruit. Try unsweetened applesauce and fruit canned in water or natural juices rather than heavy syrup.



3. Swap your usual sweetened soda, punch, or energy drink for water flavored with sliced, fresh fruit.

