

A PUBLICATION FOR THE MEMBERS OF THE H2U PROGRAM

Fall Edition - August 2011

# h<sub>2</sub>U HEALTH TO YOU<sup>SM</sup>

*Join Us for the Second Annual  
H2U Fall Festival!*

*Breathe Easy... Sunrise Goes  
Tobacco-Free*

*Construction Update- Sunrise Health  
is Growing for You!*

*Consult-A-Nurse: So Much More  
Than Physician Referrals*



**SUNRISE HEALTH**

SUNRISE | MOUNTAINVIEW | SOUTHERN HILLS | SUNRISE CHILDREN'S

## Join Us for the H2U Fall Festival!

The **Sunrise Health System** invites you to attend the 2011 H2U Fall Festival. This event will offer complimentary health screenings, information on becoming an H2U member, a raffle, free gifts and more! Attendees will also have the opportunity to interact with H2U's Community Partners and obtain information on their services and membership discounts.

**The H2U Fall Festival will take place on:  
Saturday, Sept. 17, 2011 from 9 a.m. to 12:30 p.m.  
Sunrise Hospital Auditorium  
3186 South Maryland Parkway, Las Vegas, NV 89109**

This event is **FREE** and open to the public. No registration is necessary. For more information, call **(702) 255-5404** or log on to **[www.SunriseHealthInfo.com](http://www.SunriseHealthInfo.com)**.



## Sunrise and Sunrise Children's Hospital Are Now Tobacco-Free

Everyone can breathe easier at **Sunrise and Sunrise Children's Hospital**. Our hospitals now offer a tobacco-free campus. The use of all tobacco products is prohibited on any part of the campus inside and outside.

More than 2,300 **Sunrise** employees participated in a survey on the subject and more than 77% stated they wanted **Sunrise** to be a tobacco-free campus. This change will benefit the health of all employees, physicians, patients, visitors and the general community. Every year in the U.S. more than 392,000 people die from tobacco-related disease, making it the leading cause of preventable death, according to the American Lung Association. Another 50,000 people die from exposure to second-hand smoke. Help us in our effort to improve the health of our community.

To learn more about our tobacco-free campus and for information on the benefits of quitting tobacco use, please visit **[www.sunrisehospital.com](http://www.sunrisehospital.com)**.



# Under Construction...

## **Sunrise Hospital Expands Rehab Services**

Here at **Sunrise** we are renovating and upgrading to help improve the experience for our patients both inside and outside of the hospital. We are very pleased that our plans consist of renovation projects in our Inpatient Rehabilitation Unit and our Pre-Admit and Diagnostic Center. As the area's only inpatient unit accredited by the Commission on the Accreditation for Rehabilitation Facilities (CARF), **Sunrise Hospital** Rehabilitation has been treating patients for nearly 22 years. Now, we will be providing a beautiful, comfortable unit in which to serve our Rehab patients and visitors. The renovation of our Rehab Unit is in the first phase of renewal for the department. We will also be expanding the unit from 30 to 42 beds, with expansion completion expected by the end of 2011.

The first phase of renovation has also started on our Pre-Admit Center. During this time, we ask that all patients pre-register inside our Admitting Department located inside the main hospital entrance, off the main lobby of the north side of the hospital. Upon completion of our Pre-Admit Center, we will continue making improvements to our other departments within the building including the Diagnostic Center. Please pardon our dust during these temporary renovation projects. We hope you enjoy the new and improved amenities offered by our construction project and that our facility is an improved place to visit and be treated.

## **MountainView Hospital Expands ER, ICU**

**MountainView Hospital** is excited to break ground on its \$34 million Emergency Services expansion. In addition to doubling the size of the Emergency Room, the expansion will include a 12-bed Intensive Care Unit on the first floor and renovations to the 72-bed Medical Surgical Unit on the fourth floor. Additional features and amenities include:

- A brand new triage area to help patients be quickly assessed by a dedicated triage nurse
- A "Fast Track" area for rapid medical evaluation and initiation of treatment
- A dedicated pediatric area
- A convenient, dedicated emergency room entrance
- A new ambulance entrance to help EMS quickly and efficiently offload patients to a waiting team of doctors and nurses
- A helipad conveniently located near the emergency room to help the transport teams get patients into the emergency room quickly
- New equipment including a PET-CT, offering advanced metabolic imaging capabilities to help quickly evaluate chest pain patients



# Sunrise is the top hospital in Las Vegas...again!

**Sunrise Hospital** and **Sunrise Children's Hospital** have once again been recognized as the #1 hospital in the Las Vegas metropolitan area by U.S. News and World Report!

The magazine just released its measurement of hospitals in major metropolitan areas for the second time and the latest rankings apply for the 2011-2012 year. **Sunrise** is thrilled and honored to have been named the #1 hospital in Las Vegas both times U.S. News has released its rankings.

This latest honor, along with the fact that **Sunrise** has been named the winner of the Consumer Choice Award for 15 consecutive years, is the result of the commitment that our physicians, staff and volunteers at **Sunrise** have to providing the highest quality care and service to our community.

Congratulations to all the members of our **Sunrise** community for being #1...again!



# Sunrise H2U Office Calendar of Events for August 2011

All programs are open to the public. Reservations are required – please call (702) 233-5300 to make your reservation unless otherwise noted.

H2U Member Meal Coupons are available in the H2U office at 3061 South Maryland Parkway, Suite #101 and in the Guest Services Department behind the front desk of the Sunrise Hospital main lobby.

**VOLUNTEERS NEEDED** ... the H2U office at Sunrise is in need of volunteers to assist in the office on Thursdays from 9 a.m. to 3 p.m. and for volunteers to do hospital visits. If you are interested, please contact (702) 735-5510 for more information.

## OFFICE CLOSINGS

August 5, 12, 19 and 26

## AARP Driver Safety Class

Wednesday, August 3

Noon to 4 p.m.

\$12 for AARP members and \$14 for non-members. Call (702) 233-5300 to reserve your spot.

## Tai Chi Class

Thursdays, August 4, 11, 18 and 25

Noon to 1 p.m.

Breast Center Multipurpose Room  
Tai Chi instructor Terry Tichota has been practicing and teaching Tai Chi since 1995. Terry specializes in working with Seniors and is very in tune with the needs and requirements to get the most benefit from Tai Chi. Call (702) 233-5300 to RSVP.

## Yoga Class

Thursdays, August 4, 11, 18 and 25

1:30 to 2:30 p.m.

Breast Center Multipurpose Room  
Call (702) 233-5300 to RSVP.

## Lunch and Learn

### Personal Health Awareness - Nutrition

Tuesday, August 16

11:30 a.m. - 1:30 p.m.

Join Paul Watts as he introduces attendees to the crucial importance of proper nutrition as it relates to their health and longevity. Call (702) 233-5300 to RSVP.

## One on One Medicare Counseling

Wednesday, August 17

10 a.m. to noon

Join a Medicare S.H.I.P. volunteer as they help you navigate through the Medicare process. By appointment only every 20 minutes. Please call (702) 233-5300 to schedule an appointment.

## Lunch and Learn

### Medicare Helps with Prescription Drugs

Wednesday, August 17

11 a.m. to 1 p.m.

Join Sharon Goldstroh, Medicare Program Facilitator as she discusses all of the extra help Medicare provides with prescription drug costs and the chronic disease self management Program. Please call (702) 233-5300 to RSVP.

## Ice Cream and Bingo

Thursday, August 25

1 to 3 p.m.

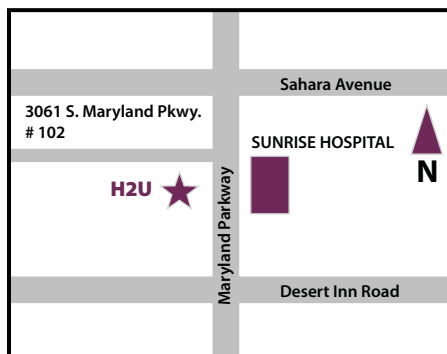
Beat the heat and join us for an ice cream social finished off by a few games of bingo. Must RSVP to (702) 233-5300.

- Reservations are required for all events.
- All programs are subject to change.

**Sunrise H2U Office:**  
(702) 735-5510  
www.sunrisehospital.com



*The Consumer Choice Award  
winner for 15 consecutive years!*



## Tracy Netherton

Guest Services Coordinator

3061 S. Maryland Pkwy., Suite # 102  
Las Vegas, NV 89109  
Phone: (702) 735-5510  
Fax: (702) 836-5838

### Office hours:

Monday - Thursday  
9 a.m. to 3 p.m.  
Closed on Fridays

# MountainView H2U Office Calendar of Events for August 2011

The H2U MountainView Office has relocated to 3150 N. Tenaya Way, Suite 114, Las Vegas, NV 89128. Please call **(702) 233-5474** for your required reservation.

Doctor's release required for all exercise classes.

**Zumba® Gold** - \$3 per class  
Mondays 10 to 11 a.m.

**Blood Pressure**  
Tuesdays 10 to 11 a.m.

**Yoga** - \$5 per class  
Thursdays 9 to 10 a.m.

**FREE Line Dancing Classes**  
Tuesdays 9:30 to 10:30 a.m. - New Time  
Different start time on 3rd Tuesday of the month - Tuesday, August 16 - 9 to 10 a.m.  
Thursdays 10:30 to 11:30 a.m.  
Instructor: Marilyn Gray

**Card and Game Day**  
Monday, August 1, 15 and 29  
Noon to 3 p.m.

**Birthday Party**  
Wednesday, August 3  
1:30 to 3 p.m.

- **Reservations are required for all events.**
- **All programs are subject to change.**

**Movie Matinee**  
**"Another Year"**  
Thursday, August 4  
1:30 to 3:40 p.m.

**Bunco**  
Monday, August 8 and 22  
1:30 to 3 p.m.

**Heart Chat Lunch and Learn**  
**Interventional Cardiac Cath Lab at MountainView Hospital**  
Tuesday, August 9  
11:30 a.m. to 1 p.m.  
Guest Speaker: MountainView Hospital's Cath Lab and CVOR Director, Kelly Morrell, RN, will present information on services offered to Cardiology patients at MountainView Hospital with the most sophisticated cardiac catheterization laboratory equipment available.

**Introduction to Genealogy**  
Thursday, August 11, 18 and 25  
1 to 4 p.m.  
This three-week course will introduce you to genealogy and family research. You will learn the art and science of genealogy research, where and how to begin. Students must be able to use a computer and handouts will be provided.

**Alzheimer's Caregivers Support Group**  
Tuesday, August 16  
10 to 11 a.m.

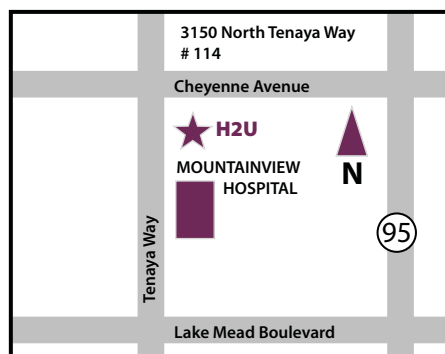
**AARP Driver Safety Class**  
Tuesday, August 16  
11:45 a.m. to 4 p.m.  
Fee: Check made out to AARP \$12 for AARP Member and \$14 for non AARP Member- CHECKS ONLY call (702) 255-5404 for details.

**Lunch and Learn Choices**  
Wednesday, August 17  
11 a.m. to 1 p.m.  
Come learn about safe money alternatives. Lunch provided by Rick LaSpaluto, CFP® of LaSpaluto Financial.

**Free Medicare Counseling**  
Wednesday, August 17  
9:15 to 11:15 a.m.  
By Appointment ONLY.

**O2 on the Go Support Group**  
Friday, August 19  
10 a.m. to noon  
Held on the third Friday of EVERY month.

**MountainView H2U Office:**  
**(702) 255-5404**  
[www.mountainview-hospital.com](http://www.mountainview-hospital.com)



**Rita Moore**  
*H2U Program Manager*

3150 North Tenaya Way, Suite 114  
Las Vegas, NV 89128  
Phone: (702) 255-5404  
Fax: (702) 255-5420

**Office hours:**  
Monday - Thursday 9 a.m. to 4 p.m.  
Friday 9 a.m. to 12:30 p.m.  
The 4th Wednesday of each month  
9 a.m. to 2:30 p.m.

# Southern Hills H2U Office Calendar of Events for August 2011

## EVENTS AND SEMINARS

Call (702) 880-2700 for your REQUIRED RESERVATION. Seminars are held in Southern Hills Hospital's Education Rooms on the first floor across from the cafeteria.

### Dinner Program

#### **Understanding Diabetes**

Thursday, August 11

5:30 to 7:30 p.m.

Dr. Molouk Rahnema, Endocrinologist, will share her expertise on living with and prevention of diabetes.

### AARP Driver Safety Class

Thursday, August 18

8 a.m. to noon

Reservations are required and seating is limited. \$12 for AARP members and \$14 for non-AARP members—CHECKS ONLY - made payable to AARP. Members must present their membership card to receive the discount.

### Lunch and Learn

#### **Keep Family Safe: Elderly Exploitation**

Tuesday, August 23

11:30 a.m. to 1 p.m.

The Law Offices of Lee A. Drizin, Chtd., specializing in Elder Law, will provide information on recognizing and preventing elder exploitation.

- **Reservations are required for all events.**
- **All programs are subject to change.**

## Our Partners = Great Discounts!

Through partnerships with national companies, H2U offers members valuable discounts on a variety of services to support healthy lifestyles.

## HEALTH & WELLNESS

- Prescription drug discounts
- Home safety services
- Dental plan
- Eye care
- Caregiver videos

## AND MORE...

- Flowers & gifts
- Books & videos
- Special travel packages
- Home and outdoor furnishings
- Moving services
- Movies, plays & theme park tickets
- Hotels & motels

For more information, visit [SouthernHillsHospital.com](http://SouthernHillsHospital.com) and click Community Info/H2U.

## H2U COMMUNITY PARTNER

### Jeffrey Burr, LTD.

H2U members are invited to look into their estate planning with a free 30 minute consultation, followed by a 10% discount for Wills & Living Trust done by their firm. The firm now has an elder law department to assist with any Guardianship, Medicaid, Medicare, or VA Benefit questions, Please ask for Sandy Simpson, Family Services Representative/Paralegal.

Two convenient locations to serve you—East at 2600 Paseo Verde Parkway, Henderson phone (702)433-4455; West in the Acuity Financial Center, 7881 W. Charleston Boulevard #240, phone (702)254-4455. Or visit our website [www.jeffreyburr.com](http://www.jeffreyburr.com)

**JEFFREY BARR**  
Elder Law Services

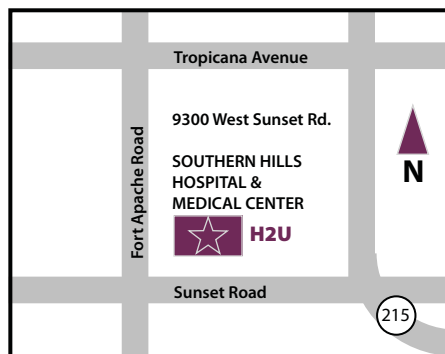
*When the time comes to start planning for your family's future, you want a lawyer who can help you build, protect and preserve your legacy. At the Las Vegas Law Firm of Jeffrey Burr, we have been creating customized estate planning solutions for our clients for over 25 years.*

**(702) 433-4455 East**

**(702) 254-4455 West**

**[www.jeffreyburr.com](http://www.jeffreyburr.com)**

**Southern Hills H2U Office:**  
**(702) 880-2125**  
**[www.southernhillshospital.com](http://www.southernhillshospital.com)**



**Joyce Goedeke**  
*Director of Marketing,  
H2U, Volunteers and Gift Shop*

9300 West Sunset Road  
Las Vegas, NV 89148  
Phone: (702) 880-2105

## MEMBERSHIP BENEFITS

### HOSPITAL PRIVILEGES

When H2U members require a stay at **Sunrise, MountainView or Southern Hills Hospitals**, your membership provides extra amenities including:

### MEDICARE PART A

#### INPATIENT DEDUCTIBLE

Must be a member 30 days prior to admission; (not applicable for Medicare HMO or PFFS plans). The waiver of the Medicare Part A deductible does not apply to medical services rendered or items furnished by skilled nursing facilities, home health agencies or by any providers or suppliers of Medicare Part B services, such as physicians, ambulatory surgery centers or equipment. Additionally, physicians who are Medicare beneficiaries are not eligible for a waiver of the Medicare Part A deductible.

### MEAL COUPONS

Visitors of hospitalized members are entitled to complimentary coupons for use in our cafeterias during a member's hospital stay. The visitor needs to present the hospitalized member's card at an H2U office after hospitalization for 24 hours has occurred. Maximum of four coupon booklets per week.

### MEAL DISCOUNTS

By showing a current membership card, all members receive employee prices on meals in our hospital's cafeterias. This privilege applies to the current members only and not visitors or for use on guest trays in patient rooms.

### PHYSICIAN REFERRAL

Find a doctor who is right for you. Call the **Sunrise Health** Physician Referral Line at (702) 233-5300.



## give the gift of membership today!

H2U is a membership organization dedicated to understanding the unique health needs of adults and providing you with valuable health information, resources and experiences.

## new member application

Date \_\_\_\_\_ Amount Enclosed  \$20 (1 year)  \$35 (2 years) NL

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Gender  male  female Date of Birth \_\_\_\_\_

Check or money order payable to H2U enclosed

Visa or MasterCard (#)                  
(expiration date)   /

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Assign my membership to the H2U program at: (hospital name) \_\_\_\_\_

**I am joining H2U for :**  Discounts  Health information  Social activities  
 Online health tools  Health screenings  Member hospital privileges

#### The following health topics would interest me (please check all that apply):

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Heart & vascular health | <input type="checkbox"/> Neurology                    | <input type="checkbox"/> Women's health     | <input type="checkbox"/> Sleep disorders    |
| <input type="checkbox"/> Caregiving              | <input type="checkbox"/> Pulmonary rehab              | <input type="checkbox"/> Health screenings  | <input type="checkbox"/> Diabetes           |
| <input type="checkbox"/> Cancer prevention       | <input type="checkbox"/> Rehabilitation               | <input type="checkbox"/> Heartburn reflux   | <input type="checkbox"/> Bone & joint care  |
| <input type="checkbox"/> Pediatric services      | <input type="checkbox"/> Men's health                 | <input type="checkbox"/> Wound care         | <input type="checkbox"/> Health seminars    |
| <input type="checkbox"/> Pain management         | <input type="checkbox"/> Immunizations                | <input type="checkbox"/> Open heart surgery | <input type="checkbox"/> Healthy lifestyles |
| <input type="checkbox"/> Nutrition               | <input type="checkbox"/> Family health                | <input type="checkbox"/> Breast disease     | <input type="checkbox"/> Obesity            |
| <input type="checkbox"/> Menopause               | <input type="checkbox"/> Orthopedics                  | <input type="checkbox"/> Obstetrics         | <input type="checkbox"/> Cardiac services   |
| <input type="checkbox"/> Osteoporosis            | <input type="checkbox"/> Cancer detection & treatment |   |   |

For additional new member applications, photocopy this form. Memberships are non-refundable, non-transferable and privileges are subject to change without notice. Special rates for two-person households are available. Call (800) 771-0428 for information.

H2U national office:  
P.O. Box 1300  
Nashville, TN 37202-1300

(800) 771-0428  
www.h2u.com

This newsletter is not intended to provide advice on personal medical matters, nor is it a substitute for a consultation with a physician.

## H2U at Sunrise Health

3061 South Maryland Pkwy., Suite 102  
Las Vegas, NV 89109  
www.sunrisehealthinfo.com

Presorted Standard  
U.S. Postage  
**PAID**  
Las Vegas, NV  
Permit No. 198



*Sunrise Hospital and Medical Center, MountainView Hospital and Southern Hills Hospital and Medical Center-- the first network of accredited Chest Pain Centers in the state of Nevada.*



*The Sunrise Health System is the first network of Certified Primary Stroke Centers in Southern Nevada.*

## **Consult-A-Nurse®: Your One Stop Shop for Healthcare Questions and Referrals!**

Imagine having the expertise of a registered nurse at your fingertips any time of day to answer any health questions you might have free of charge? Or how easy it could be to find a physician in any specialty if you could sit down with someone and choose the best person for you based on your area of town, insurance and preferences? Lucky for our H2U members, we have the Consult-A-Nurse® program, which is a free hotline answered by registered nurses 24 hours a day, 7 days a week.

While the nurses can't provide a diagnosis over the phone, they can answer your health questions and help you find a physician specific to your needs. They can also provide information on any of our hospitals or help you register for one of our many monthly classes and seminars.

To access Consult-A-Nurse®, simply call **(702) 233-5300** for any of our hospitals, including **Sunrise, MountainView, Southern Hills** and **Sunrise Children's**. Keep the number handy so you can call anytime!