

A PUBLICATION FOR THE MEMBERS OF THE H2U PROGRAM

health2you

Winter Edition - December 2010

Top 5 Healthy New Year's Resolutions

*Sunrise Health Hospitals
Recognized for Quality & Service*

What is Therapeutic Hypothermia?

Medicare Open Enrollment



SUNRISE HEALTH

SUNRISE | MOUNTAINVIEW | SOUTHERN HILLS | SUNRISE CHILDREN'S

h2U
HEALTH TO YOU™

The Numbers Tell a Story

-15

The number of consecutive years that **Sunrise Hospital and Medical Center** has been awarded the *Consumer Choice Award* by the *National Research Corporation**.

*Based on an independent survey of Las Vegas residents.

-2

The number of **Sunrise Health Hospitals- Sunrise Hospital and MountainView Hospital-** recognized by *HealthInsight* for demonstrating high quality health care and excellence in performance on publicly reported quality of care measures.

-2

The number of **Sunrise Health Hospitals- Sunrise Hospital and MountainView Hospital-** awarded the *American Stroke Association's Get with the Guidelines® Performance Achievement Award*. **Sunrise Hospital** has achieved *Gold-Plus* status and **MountainView Hospital** has achieved *Bronze* status.

5 New Year's Resolutions for a Happy, Healthier YOU!

Make 2011 the year that you stick to your healthy New Year's Resolution! Dr. Daliah Wachs*, Primary Care Physician for **Southern Hills Hospital**, provides five resolutions for a happy, healthier you:

Be More Active

Make a goal to get at least 30 minutes or more of moderate cardio activity daily. Try to incorporate different exercises in your routine, such as walking the dogs, taking a brisk walk after dinner and using the stairs instead of the elevator whenever possible. Those who are more active can reduce their risk of heart disease and stroke.

Eat Healthier

Eating healthier includes reducing your intake of fats, sugars and sodium. A high sodium diet can contribute to high blood pressure (hypertension), stroke and even weight gain. Be "label-smart" and check the amount of sodium in your foods. Foods that may seem healthy, such as canned soups or minute rice, can be very high in sodium.

Quit Smoking

It's time to quit that nasty habit once and for all! Smoking has been linked to a multitude of health issues including several cancers, emphysema and heart disease. Make your resolution this year to begin a smoking cessation program. The National Cancer Institute is a great resource to start with. Visit their site at www.smokefree.gov.

Avoid the Sun

Skin cancer is one of the most common cancers diagnosed among Americans. Although it's important to get our Vitamin D, prolonged sun exposure can lead to skin damage, wrinkles and various types of skin cancer. Wear hats to protect your face and scalp and remember that sun exposure is also a risk during the fall and winter months



when people aren't as aware of their sun exposure risks. Sunscreen is another way to protect your skin; most physicians recommend SPF 50. Reapplication may be needed, especially after swimming.

Stick to a Schedule

Studies have shown that we live longer when our bodies acclimate to a regular schedule in which we wake, eat, use the restroom and sleep. Meal times should be regular with breakfast, lunch and dinner. Sleep should be an average of 7 to 9 hours per night. If your bowels are irregular, see your physician. In addition, avoid working at night as people feel better and have more energy when they stay in tune with their circadian rhythm by being awake during the day and sleeping well at night.

*Daliah Wachs, MD "Dr. Daliah," Radio Host of the *Dr. Daliah Show* (720 AM KDWN)



Sunrise Health Hospitals Recognized for Quality, Service

At **Sunrise Health**, we are dedicated to providing the best possible patient outcomes and customer service. We have recently been recognized for our quality and service by a number of organizations, and would like to share these awards with you:

Sunrise Hospital Wins Consumer Choice Award for 15th Consecutive Year

Sunrise Hospital and Medical Center and **Sunrise Children's Hospital** are pleased to announce that they have been awarded the Hospital Consumer Choice Award for the city of Las Vegas for the 15th consecutive year! The award is presented every October by the National Research Corporation (NRC) and identifies hospitals that healthcare consumers have chosen for excellence in quality and image.

Specifically, the Consumer Choice Award is determined by consumers based on the hospital that they believe possesses:

- Best Overall Quality
- Best Overall Image and Reputation
- Best Doctors
- Best Nurses

Sunrise and MountainView Earn 2010 HealthInsight Quality Award for Excellence in Patient Care

Sunrise Hospital and **MountainView Hospital** have been presented with the 2010 *HealthInsight* Quality Award for demonstrating high quality healthcare and excellence in performance on publicly reported quality of care measures. The *HealthInsight* Quality Award acknowledges hospitals that achieve high levels of performance on the care related to these publicly reported quality measures:

- Heart Attack
- Pneumonia
- Heart Failure
- Surgical Infection Prevention

The clinical topics measured for the awards have been designated as national healthcare priorities by the Centers for Medicare & Medicaid Services (CMS).

Sunrise Hospital Receives American Stroke Association's Get With the Guidelines® Gold Plus Performance Achievement Award

Sunrise Hospital and the **Nevada Neurosciences Institute (NNI)** have received the 2010 American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Gold Plus Performance Achievement Award. The award recognizes **Sunrise Hospital** and the **NNI's** commitment and success in consistently implementing the most up-to-date guidelines and recommendations for stroke patients. This is the third consecutive year **Sunrise** and the **NNI** have been recognized at the Gold level.

To receive the award, **Sunrise** achieved 85 percent or higher adherence to all Get with the Guidelines®-Stroke Performance Achievement indicators for two or more consecutive 12-month intervals and achieved 75 percent or higher compliance with six of 10 Get With the Guidelines®-Stroke Quality Measures, which are reporting initiatives to measure quality of care.

Similarly, **MountainView Hospital** received the American Stroke Association's Get with the Guidelines® Stroke Bronze Performance Achievement Award in July.

According to the American Heart Association/American Stroke Association, someone suffers a stroke every 40 seconds. Scientific studies reveal that the Get with the Guidelines® Program works for improved patient survival.

What is Therapeutic Hypothermia?

Both **Sunrise Hospital** and **MountainView Hospital** care for post-cardiac arrest and stroke patients with a technique called Therapeutic Hypothermia. This technique is also used at **Sunrise Children's Hospital** in the Neonatal Intensive Care Unit (NICU).

Therapeutic Hypothermia is a treatment that lowers a patient's body temperature to 93 degrees in order to help reduce the risk of ischemic injury to tissue following a period of insufficient blood flow. We take a non-invasive approach to Therapeutic Hypothermia by using a chilled water blanket that is placed directly on the patient for 24 hours. The cooling of the body reduces swelling to the brain and decreases strain on the patient's vital organs. Studies have shown that patients at risk for ischemic brain injuries have better outcomes if treated with Therapeutic Hypothermia.

This technique is a coordinated effort among several departments, including the ICU, the Cath Lab, the Emergency Department and emergency medical personnel. This is just one of the many ways that we are continually improving the delivery of patient care.

Sunrise H2U Office Calendar of Events for December 2010

All programs are open to the public. Reservations are required – please call (702) 735-5510 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.

OFFICE CLOSINGS

December 3, 10, 17 and 24 thru January 4

AARP DRIVER SAFETY CLASS

Wednesday, December 1

Noon to 4 p.m.

\$12 for AARP members and \$14 for non-members. Please call (702) 735-5510 to reserve your spot.

MEDICARE COUNSELING

Wednesday, December 1

1 to 3 p.m.

With Medicare open enrollment coming to an end take this opportunity to meet with a Medicare SHIP volunteer for a free one-on-one counseling session. Sessions are for 20 minutes and are by appointment only. Please call (702) 735-5510 to schedule your appointment.

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

LUNCH AND LEARN

Understanding Government Benefits and Healthcare Options

Wednesday, December 8

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

Rick LaSpaluto, CFP® of LaSpaluto Financial Planners and special guest Steve M. Chmelka CRC® Senior Advanced Marketing Consultant Annuities & Mutual Funds Pacific Life Insurance Company will present an overview of general concepts involving social security and Medicare benefits. Lunch provided by Rick LaSpaluto, CFP® of LaSpaluto Financial Planners. Please call (702) 233-5300 to RSVP.

LUNCH AND LEARN

Holiday Shopping Safety for Seniors

Thursday, December 9

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

Don't fall victim to a crime this holiday season... This lecture will be taught by Jo Ann Preston, Retired Crime Prevention Specialist for the North Las Vegas Police Department and current Safe Kids Buckle Up Coordinator. Jo Ann has over 28 years of crime prevention experience and although nothing can guarantee that you will never be a victim of crime, you will be taught some good old-fashion common sense ways to stay safe. Please call (702) 233-5300 to RSVP.

PHYSICIAN LECTURE ***and Holiday Celebration***

Held in the Sunrise Hospital Auditorium

Tuesday, December 14

5:30 to 7:30 p.m.

Join Dr. Camille Falkner of Falkner Gynecologic Cancer Care as she discusses Cervical, Uterine and Ovarian cancers. Although many factors which lead to the development of these cancers are unknown and/or out of a person's control, there are a few lifestyle changes which will be helpful in reducing a woman's risk for gynecological cancers. A festival holiday meal will be served. Please call (702) 233-5300 to RSVP.

MEDICARE OPEN ENROLLMENT ENDS SOON

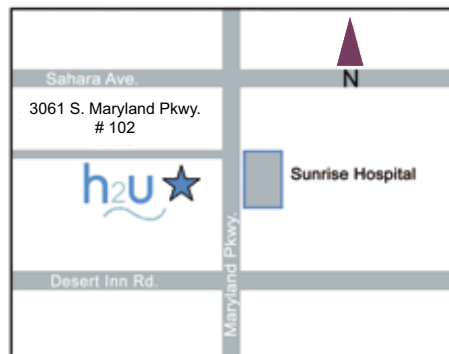
Wednesday, December 15

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

As time runs out for Medicare open enrollment, representatives from the Medical Advantage plans CareMore and Humana will be on site to provide participants with information to make educated decisions. Please call (702) 233-5300 to RSVP.

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.

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



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 December 2010

Please call (702) 255-5404 for your required reservation.

Office Closed

Thursday, December 23 – Friday, December 31

ZUMBA® GOLD \$3 per class (no class 12/27)
Mondays 10 to 11 a.m.

BLOOD PRESSURE (no class 12/28)
Tuesdays 10 to 11 a.m.

YOGA \$5 per class
(no class 12/23 and 12/30)
Thursdays 9 to 10 a.m.

LINE DANCING \$2 per class
(no class 12/23 and 12/30)
Thursdays 10:30 to 11:30 a.m.

BIRTHDAY PARTY

Wednesday, December 1
1:30 to 3 p.m.

If you were born in December, you and a guest are invited for cake and coffee.

FREE MEDICARE COUNSELING

Thursday, December 2, 9 and 16
By Appointment ONLY- S.H.I. P.-State Health Insurance Assistance Program volunteer will answer Medicare questions.

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

MOVIE MATINEE

"Ramona and Beezus"

Thursday, December 2
1:30 to 3:20 p.m.

LUNCH AND LEARN

"Essentials of Care Giving"

Friday, December 3
11 a.m. to 12:30 p.m.

CARD AND GAME DAY

Monday, December 6 and 20
Noon to 3 p.m.

LUNCH AND LEARN

Year-End Tax Tips

Tuesday, December 7
11:30 a.m. to 1 p.m.

LUNCH AND LEARN

Vascular Heart Disease

Wednesday, December 8
11:30 a.m. to 1 p.m.

LUNCH AND LEARN

Decisions Made Early

Thursday, December 9
Noon to 1:30 p.m.

CROCHET/KNITTING CLASS

Thursday, December 9 and 16
1 to 3 p.m.

BUNCO

Monday, December 13
1:30 to 3 p.m.

Monthly Social:

"Grab Bag Gift Exchange"

Tuesday, December 14
1:30 to 3 p.m.

Bring a wrapped, never been used CASINO gift to exchange with fellow H2U members. \$25 gift card will be given to the person voted as bringing the best gift.

LUNCH AND LEARN

Nevada Living Will Lockbox and YOU

Wednesday, December 15
11:30 a.m. to 1 p.m.

AARP DRIVER SAFETY CLASS

Tuesday, December 21
11:45 a.m. to 4 p.m.

Checks made out to AARP: \$12 for AARP Members and \$14 for non-AARP Members. CHECKS ONLY call office for details.

LUNCH AND LEARN

Stroke - What You Should Know

Wednesday, December 22
11:30 a.m. to 1 p.m.

Tim Foley, RN, BSN, CCRN Clinical Coordinator, Cardiothoracic & Vascular Surgery at MountainView Hospital.

MountainView H2U Office:
(702) 255-5404
www.mountainview-hospital.com



Rita Moore

H2U Program Manager

8524 Del Webb Boulevard
Las Vegas, NV 89134
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 December 2010

EVENTS AND SEMINARS

Call (702) 880-2700 to reserve your seat. The seminars are held in Southern Hills Hospital's Education Room on the first floor.

VOLUNTEER OPPORTUNITIES

If you are interested or would like more information on volunteer positions at Southern Hills Hospital, log on to www.SouthernHillsHospital.com or contact Stacy Acquista at (702) 880-2125.

QUESTIONS ABOUT H2U

Please call (702) 255-5404 - Rita Moore, H2U Interim Supervisor for Southern Hills is available to answer your questions about the H2U Southern Hills Program, or visit www.h2u.com.

REMINDER

Medicare Open Enrollment is from November 15 - December 31, 2010.

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

LUNCH AND LEARN

Understanding Government Benefits and Healthcare Options

Thursday, December 9

Noon to 1 p.m.

Rick LaSpaluto, CFP® of LaSpaluto Financial Planners and special guest Steve M. Chmelka CRC® Senior Advanced Marketing Consultant Annuities & Mutual Funds Pacific Life Insurance Company will present an overview of general concepts involving social security and Medicare benefits. Lunch provided by Rick LaSpaluto, CFP® of LaSpaluto Financial Planners. Please call (702) 880-2700 today for your reservation.

HAVE YOU HEARD?

Southern Hills Hospital Has A New Facebook Page!

Southern Hills Hospital and Medical Center now has its own Facebook page. Now you can keep up-to-date with Southern Hills Hospital events and screenings, health tips for you and your loved ones and hospital updates or information. Tell us about your patient experience and become a fan of Southern Hills Hospital today by visiting facebook.com/southernhillshospital or by visiting our website at SouthernHillsHospital.com and clicking on the Facebook icon.

H2U COMMUNITY PARTNER

Kirby Music is Sun City's premier music making and wellness center. The health benefits of recreational music making are well documented. They include increased memory function, reduced levels of stress, anxiety and depression. Music can elevate the mood and restore the soul. Group classes provide a social network where people gather in a warm and friendly atmosphere.

Through the "Kirby Club," members are exposed to a multitude of fun and exciting events including parties, potlucks and special concerts.

Give yourself the gift of music this holiday season and invest in yourself. Whether you are an experienced player, a listener that appreciates music, or if you've ever wanted to learn music, there is something for everyone. All H2U members will receive the six week starter class for FREE to try out this life changing hobby. This is a \$19.95 value.

Kirby Music, owned and operated by husband and wife team, Brian and Richelle Kirby, is located in the plaza next to CVS Pharmacy on the corner of Del Webb and and Sun City Blvd - **9422 Del Webb Blvd, Las Vegas, NV 89134 (702) 476-6203**

Southern Hills H2U Office:
(702) 255-5404
www.southernhillshospital.com



Rita Moore

*H2U Program Manager
(Interim)*

9300 West Sunset Road
Las Vegas, NV 89148
Phone: (702) 255-5404
Fax: (702) 255-5420

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

(not applicable for HMO or PFFS patients) Members must belong to H2U for at least 30 days prior to hospitalization. For patients that do not have supplement insurance, the hospital waives the inpatient deductible. For patients that have supplemental insurance, the insurance company is billed and the remaining portion not covered by the insurance is then waived by the hospital. Please contact your local H2U Supervisor once you receive a bill to have the inpatient deductible waived.

ROOM UPGRADE

Members are offered a private room (at no additional charge) when staffing and availability permit. Show the admitting personnel a current membership card to utilize this privilege.

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 #102
Las Vegas, NV 89109
www.sunrisehealthinfo.com

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*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.*

MEDICARE OPEN ENROLLMENT - November 15 through December 31

Open enrollment begins November 15. During this time, Medicare recipients can add, drop or change their prescription drug coverage. They can also select a health plan for their 2011 coverage. Certain people younger than age 65 can qualify for Medicare, too, including those who have disabilities and those who have permanent kidney failure or amyotrophic lateral sclerosis (Lou Gehrig's disease). Medicare helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care.

Medicare has four parts:

- Hospital insurance (Part A) that helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay), some home health care and hospice care.
- Medical insurance (Part B) that helps pay for doctors' services and many other medical services and supplies that are not covered by hospital insurance.
- Medicare Advantage (Part C) plans are available in many areas. People with Medicare Parts A and B can choose to receive all of their health care services through one of these provider organizations under Part C.
- Prescription drug coverage (Part D) that helps pay for medications doctors prescribe for treatment.

You can get more detailed information about what Medicare covers from Medicare & You (Publication No. CMS-10050). To get a copy, call the Medicare toll-free number, **1-800-MEDICARE (1-800-633-4227)**, or go to **www.medicare.gov** or contact the local SHIP (State Health Insurance Assistance Program at **(702) 486-3478** or toll free **1-800-307-4444**.