

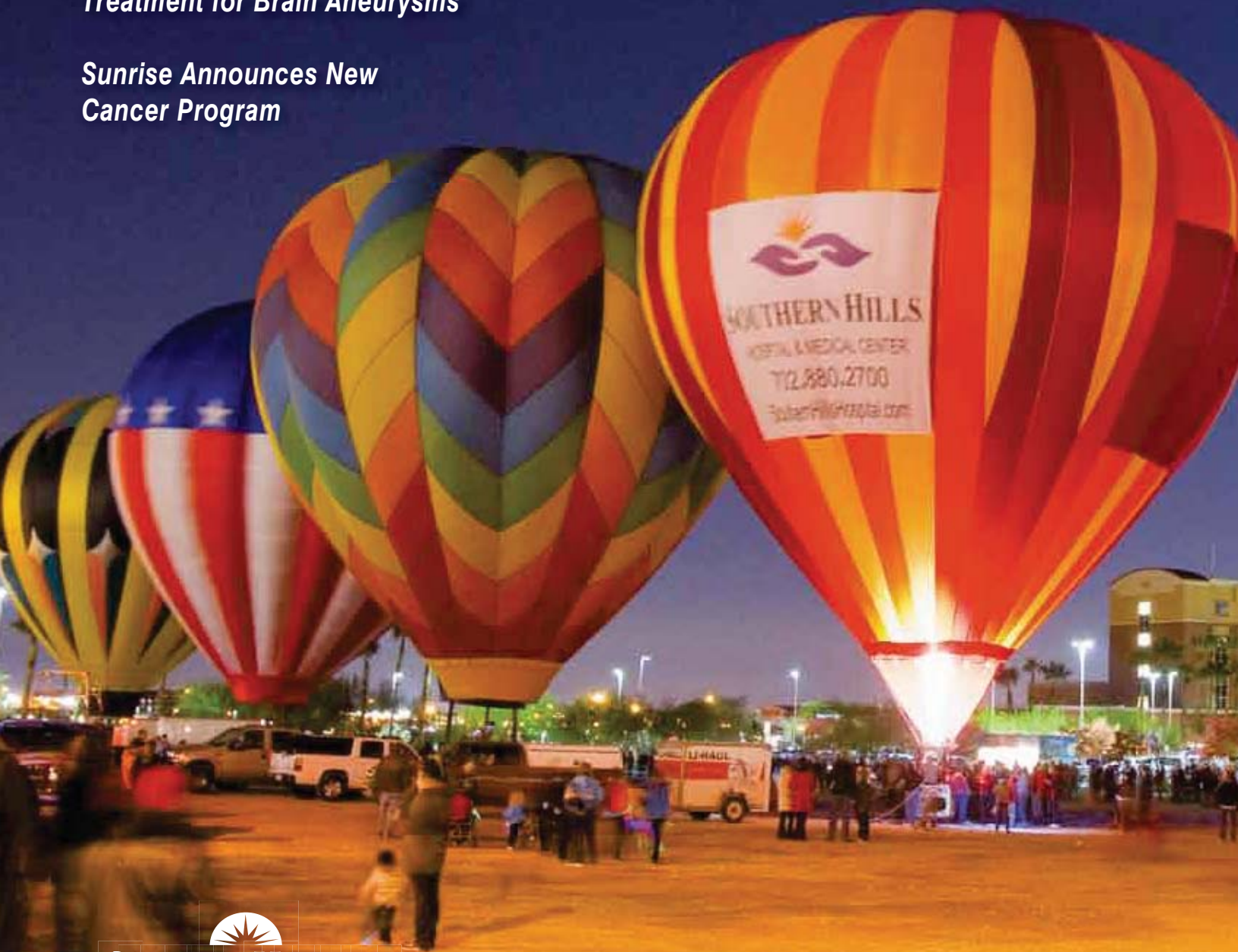
h₂U HEALTH TO YOUSM

**Southern Hills Behavioral Health
Unit to Open January 2012**

**Pre-Register for Your
Procedure Online!**

**Sunrise Offers Life-Saving
Treatment for Brain Aneurysms**

**Sunrise Announces New
Cancer Program**



SUNRISE HEALTH

SUNRISE | MOUNTAINVIEW | SOUTHERN HILLS | SUNRISE CHILDREN'S

Rising to the Need and Providing a Community Solution ... RISE Behavioral Health at Southern Hills Hospital Scheduled to Open January 2012

Southern Hills Hospital is proud to provide its newest service to the community: RISE (Respect, Inspire, Strengthen, Empower) Behavioral Health, a 14-bed specialty unit serving ages 55 and over. The unit focuses on behavioral health needs including, but not limited to:

- Depression
- Dementia
- Delirium
- Anxiety disorders

RISE Behavioral Health is dedicated to providing focused care for seniors coping with behavioral health symptoms that interfere with their daily lives. The team approach in this unit is crafted to deliver the best compassionate care while our patients are on their way to recovery.

Southern Hills Hospital's Behavioral Health Department provides the primary assessment for seniors with behavioral health concerns and those with co-occurring medical issues. The program meets a critical community need, and, with its specialized services, is a vital resource for Arizona, California, Southern Nevada and Utah.

For more information, call the Behavioral Health Department at 702-880-2415.

Sunrise Hospital and Medical Center is Proud to Introduce a New Multi-disciplinary Gastrointestinal (GI) Cancer Program

Sunrise Hospital and Medical Center is proud to introduce a new Multi-disciplinary Gastroenterology (GI) Cancer Program for the treatment of adults and children (18 and older are adults; younger than 18 are considered children).

This new Multi-disciplinary GI Cancer program includes diagnosis and treatment of cancers of the:

- Liver
- Colon
- Esophagus
- Pancreas
- Stomach
- Small Bowel
- And areas throughout the Gastrointestinal System in adults and children

A total of 36 physicians from various specialties bring advanced expertise and a collaborative approach to providing the best possible diagnosis and care to patients in the program.

Specialties include:

- Gastroenterologists
- Medical Oncologists
- Radiation Oncologists
- Radiologists/Diagnostic Imaging
- Surgeons – Colorectal and General Surgeons
- Pathologists
- Palliative Care Specialists

These physicians share their expertise with each other on complex clinical cases to ensure that patients benefit from the collective knowledge of the physicians involved in the program. The program also features a nurse navigator to help patients throughout the process. And patients also benefit from the nursing and other clinical staff members at **Sunrise**, who provide compassionate care at every possible stage of a patient's experience, whether it is at diagnosis, treatment or, if necessary, palliative care measures.

To learn more, call 1-855-24CANCER (855-242-2623) or visit SunriseGICancer.com.

Online Pre-Registration Coming to the Hospitals of Sunrise Health

Beginning December 5, the **Sunrise Health Hospitals** will offer patients the ability to pre-register online. Patients who already have a procedure scheduled, women who want to pre-register for delivery of a baby at the facility and anyone requesting an appointment for a screening mammogram can now do so over the internet for **Sunrise Hospital, MountainView Hospital, Southern Hills Hospital** and **Sunrise Children's Hospital**.

To pre-register online, patients just connect to our website and go to "Online Pre-Registration." This online approach makes the pre-registration process go much faster, helps to ensure that we have accurate and updated insurance and personal information about the patients and simplifies the registration process once they arrive at our facility for their procedure. Also, Online Pre-Registration allows patients the ability to be more in control of their own healthcare experience and greater flexibility for pre-registration options.

If you would like more information about Online Pre-Registration, please visit us at SunriseHealthInfo.com.

Southern Hills Chairman of the Board Appointed to American Hospital Association Committee

Tom Mangione, **Southern Hills Hospital** Chairman of the Board of Trustees, was appointed to the American Hospital Association's (AHA) Committee on Governance (COG) as an At-Large Member. The 28-member committee is responsible for leading effective involvement of the nation's hospital trustees in grassroots advocacy, providing input into AHA's policy development and enhancing communication with and involvement of trustees in the AHA. Mangione's term will be January 31, 2012 to December 31, 2014.

"I'm extremely honored to represent **Southern Hills Hospital** in this role," said Mr. Mangione. "I'm grateful to the American Hospital Association for this opportunity to serve, and work through the continued healthcare challenges that face Nevada and our nation."

Mangione has served on the **Southern Hills Hospital** Board of Trustees since 2003. In his tenure, Mangione has worked closely with fellow trustees, hospital administration and employees to improve patient satisfaction. His leadership was key in driving the hospital's participation in a patient experience collaborative through the Institute for Healthcare Improvement, an initiative with 48 hospitals across the nation dedicated to improving the patient experience. Along with his role at **Southern Hills Hospital**, Mangione is a board member of College of Southern Nevada Foundation and a member of the University of Nevada, Las Vegas Golf Foundation and Tournament Players Club at Summerlin (TPC).

Mangione is currently the Vice President of Business Development for Coldwell Banker Premier Realty in Las Vegas. Prior to this and with 37 years in the banking industry, he was Chairman of the Board and CEO of Bank of Las Vegas.

The Numbers Tell a Story

two - the number of **Sunrise Health Hospitals** recognized by the Joint Commission

two - the number of **Sunrise Health Hospitals** to get the Target Stroke Award

Newly Renovated and Expanded Floor at Sunrise Hospital

Sunrise Hospital and Medical Center is very pleased to announce the opening of our renovated and expanded Rehabilitation Program and Orthopedics/Neurosurgery Unit. Opening December 1, this newly renovated floor features rehabilitation, orthopedics, neurosurgery and trauma services.

The Rehabilitation Program has been expanded from 30 to 42 beds and features a beautiful, comfortable new unit in which to serve our rehab patients and visitors. As the area's only inpatient unit accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), we have been treating patients for the past 22 years. Our rehab program features an experienced, multi-disciplinary team of care providers including physical therapists, occupational therapists, speech therapists, recreational therapists and specialized treatments such as swallowing therapy. As the only stroke-specialty CARF accredited facility in the state, we also have expertise and capabilities to care for patients who have experienced a stroke. Our physicians have stroke rehab training, and the same physicians who cared for you after your stroke can follow-up on your care in the Rehabilitation Program. There is also a benefit to conducting your rehab in an inpatient facility. By staying at **Sunrise Hospital** for rehab, you will have continuity of care that comes from being in one facility for all your care and treatment. In addition, you will have the ready accessibility of our physicians, emergency services should you need them, additional testing via CT scan or MRI if necessary, and all the capabilities of an inpatient hospital.

Also opening on our newly renovated floor is the Orthopedics/Neurosurgery Unit, which includes 22 private rooms for neuro/ortho and trauma surgery patients. The unit features experienced nurses and staff specially trained in the needs of patients with neuro/ortho conditions, a new nurse call system to keep the unit quiet and enhance the healing environment for patients and an aesthetically pleasing environment that offers warmth and comfort for patients.



Sunrise H2U Office Calendar of Events for December 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

December 2, 9, 16, 23, 26 and 30

Tai Chi Class

Thursdays, December 1, 8, 15, 22 and 29
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.

Zumba Class

Fridays, December 2, 9 and 16
3 to 4 p.m.
Sunrise Hospital - Rendezvous/Sky Room
Sponsored by CareMore. Join Annie Shattuck as she teaches you the steps of one of the most popular exercise routines sweeping the nation. Wear your gym clothes and tennis shoes and have fun. Call (702) 233-5300 to R.S.V.P.

AARP Driver Safety Class

Wednesday, December 7
Noon to 4 p.m.
\$12 for AARP members and \$14 for non-members. Call (702) 233-5300 to reserve your spot.

Lunch and Learn

Personal Health Awareness: Nutrition Update

Monday, December 12
11:30 a.m. to 1:30 p.m.
This lecture will be presented by Paul Watts. Attendees will learn Nutrition: a vital health and wellness pillar for human survival. We will discuss the USDA Nutrition and its relation to senior health. Attendees will discuss proper measures to ensure their nutrition needs are being met. Please call (702) 233-5300 to R.S.V.P.

One on One Medicare Counseling

Wednesday, December 21
10 a.m. to noon
Join a Medicare S.H.I.P. volunteer as they help you navigate through the Medicare process one on one. By appointment only every 20 minutes. Call (702) 233-5300 to schedule an appointment.

**Look for information on the
Holiday Celebration and the
Birthday Celebration in upcoming
newsletters.**

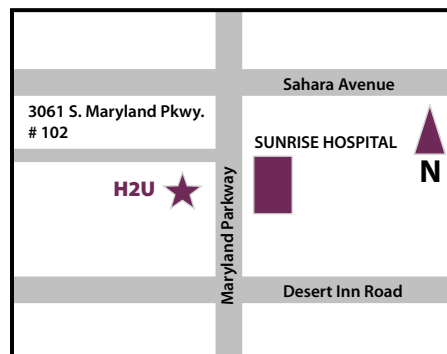
Have a Safe & Happy Holiday Season.

- 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 December 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.

OFFICE CLOSINGS

Thursday, December 22 - Friday, December 30

FREE Tai Chi/Ki Gong Class

Mondays 9 to 10 a.m.
Wednesdays 9:30 to 10:30 a.m.
(No class on 12/26 and 12/28)

Zumba® Gold - \$3 per class

Mondays 10 to 11 a.m.
(No class on 12/12 and 12/26)
Suite 230 on 12/05, Suite 114 on 12/19

Blood Pressure

Tuesdays 10 to 11 a.m.
(None on 12/27)

FREE Line Dancing Classes

Tuesdays 9:30 to 10:30 a.m.
Thursdays 10:30 to 11:30 a.m.
(no class on 12/01, 12/06, 12/22, 12/27 and 12/29)
Suite 114 on 12/8, 12/13 and 12/15,
Suite 230 on 12/20

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

Yoga - \$5 per class

Thursdays 9 to 10 a.m.
(No class on 12/22 and 12/29)

Holiday Party with Entertainment

Friday, December 2
10 a.m. to noon

Card and Game Day

Monday, December 5 and
December 19
Noon to 3:00 p.m.

Lunch and Learn

Beating the Holiday Blues
Tuesday, December 6
11:30 a.m. to 1 p.m.

Special Off-site Holiday Event

Destinations, Doctor, Dancing & Dessert
Tuesday, December 6
1 to 3 p.m.
Reservations are required for this event.

Birthday Party

Wednesday, December 7
1:30 to 3 p.m.

Financial Lecture and Luncheon

LaSpaluto Financial presents:

Year-End Tax Tips

Thursday, December 8
Noon to 1:30 p.m.

Wii Bowling for H2U Members

Friday, December 9 10 a.m. to noon
Tuesday, December 13 1:30 to 3:30 p.m.

Bunco

Monday, December 12
1:30 to 3 p.m.

Lunch and Learn

New Treatment for Non-Small Cell Lung Cancer

Wednesday, December 14
11:30 a.m. to 1 p.m.

O2 on the Go Support Group

Friday, December 16
10 a.m. to noon

Alzheimer's Caregivers Support Group

Tuesday, December 20
10 to 11 a.m.

AARP Driver Safety Class

Tuesday, December 20
11:45 a.m. to 4 p.m.
CHECKS ONLY call office for details.

Free Medicare Counseling

Wednesday, December 21
9:15 to 11:15 a.m.
By Appointment ONLY- S.H.I. P.-State Health Insurance Assistance Program volunteer will answer Medicare questions.

Rita Moore

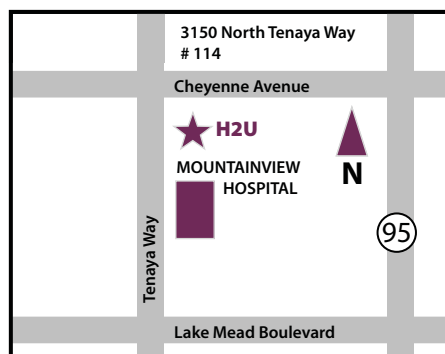
H2U Program Manager

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.

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



Southern Hills H2U Office Calendar of Events for December 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.

AARP Driver Safety Class

Thursday, December 1

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.

Congratulations to Southern Hills and MountainView Hospitals for being named Top Performers in Healthcare across America by The Joint Commission!

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

Personal Safety in Casinos

Wednesday, December 7

10 to 11 a.m.

Increase your level of personal safety by knowing how to protect yourself and your valuables especially in a casino setting. Light refreshments will be served.

Holiday Entertainment & H2U Thank You

Wednesday, December 14

10 to 11 a.m.

Join us for some festive holiday cheer as a show of appreciation to our H2U members. Entertainment and light refreshments will be served.

H2U COMMUNITY PARTNER

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FUNERAL SERVICES

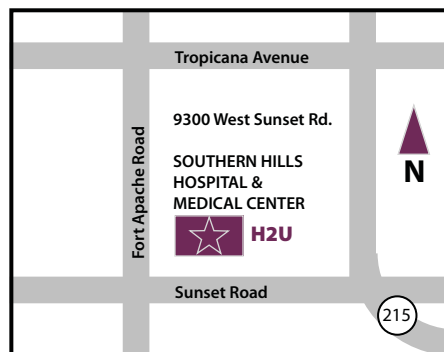


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Contact Us At
(702) 485-6500
3975 S. Durango Dr., #104
Las Vegas, NV 89147
www.kraftsussman.com

Back by popular demand, we invite you to attend a special program from 11:30am-1:00pm on January 31, 2012 at MountainView H2U, to learn about the **10 Myths Of Funeral Planning**. Register by calling 233-5474!

Southern Hills H2U Office:
(702) 880-2125
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

H2U at Sunrise Health

3061 South Maryland Pkwy., Suite 102

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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.

Sunrise Hospital Offers Life-Saving Treatment for Brain Aneurysms

Sunrise Hospital and Medical Center is excited to announce a new treatment option for patients suffering from complex and life threatening brain aneurysms. The recently FDA-approved Pipeline Embolization Device (PED) allows physicians to treat the most complex and dangerous brain aneurysms using minimally invasive techniques for the first time. The PED is a breakthrough and life-saving endovascular treatment for large or giant wide-neck brain aneurysms.

Sunrise Hospital and Medical Center, a Level II Trauma Center, is one of only 60 facilities across the country to utilize PED and is the only facility in Nevada offering this treatment. PED is a new class of embolization device that is designed to divert blood flow away from the aneurysm. Additionally, recovery time for patients is typically only an overnight stay in the hospital.

Approximately six percent of all people will develop a brain aneurysm in their lifetime, with that risk increasing up to 20 percent for people aged 50 and older. Known as a silent killer, the vast majority of people don't even know they have a brain aneurysm because they are typically asymptomatic until a rupture occurs.